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Research  
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# USUAL NUTRIENT INTAKE from Food and Beverages, among Individuals Over 350% of Poverty Level

What We Eat in America, NHANES 2013-2016

Table H

Energy (kcal)	page 1	Vitamin B12 (µg) <sup>EAR</sup>	page 26
Protein (g)	2	Vitamin C (mg) <sup>EAR, UL</sup>	27
Protein (g/kg body weight) <sup>EAR</sup>	3	Vitamin C Adult Smokers (mg) <sup>EAR, UL</sup>	28
Carbohydrate (g) <sup>EAR</sup>	4	Vitamin C Adult Non-Smokers (mg) <sup>EAR, UL</sup>	29
Total sugars (g)	5	Vitamin C Adult Smokers and Non-Smokers (mg) <sup>EAR, UL</sup>	30
Dietary fiber (g) <sup>AI</sup>	6	Vitamin D (µg) <sup>EAR, UL</sup>	31
Total fat (g)	7	Vitamin E as alpha-tocopherol (mg) <sup>EAR</sup>	32
Saturated fat (g)	8	Vitamin K (µg) <sup>AI</sup>	33
Monounsaturated fat (g)	9	Calcium (mg) <sup>EAR, UL</sup>	34
Polyunsaturated fat (g)	10	Phosphorus (mg) <sup>EAR, UL</sup>	35
Linoleic acid 18:2 (g) <sup>AI</sup>	11	Magnesium (mg) <sup>EAR</sup>	36
Linolenic acid 18:3 (g) <sup>AI</sup>	12	Iron (mg) <sup>EAR, UL</sup>	37
Eicosapentaenoic acid 20:5 (g)	13	Zinc (mg) <sup>EAR, UL</sup>	38
Docosahexaenoic acid 22:6 (g)	14	Copper (mg) <sup>EAR, UL</sup>	39
Cholesterol (mg)	15	Selenium (µg) <sup>EAR, UL</sup>	40
Vitamin A (µg RAE) <sup>EAR</sup>	16	Sodium (mg) <sup>AI, CDRR</sup>	41 <sup>△</sup>
Retinol (µg) <sup>UL</sup>	17	Potassium (mg) <sup>AI</sup>	42 <sup>△</sup>
Thiamin (mg) <sup>EAR</sup>	18	Caffeine (mg)	43
Riboflavin (mg) <sup>EAR</sup>	19	Protein (as % of energy) <sup>AMDR</sup>	44
Niacin (mg) <sup>EAR</sup>	20	Carbohydrate (as % of energy) <sup>AMDR</sup>	45
Vitamin B6 (mg) <sup>EAR, UL</sup>	21	Fat (as % of energy) <sup>AMDR</sup>	46
Folate (µg DFE) <sup>EAR</sup>	22	Saturated fat (as % of energy)	47
Folic acid (µg) <sup>UL</sup>	23	Linoleic acid 18:2 (as % of energy) <sup>AMDR</sup>	48
Food folate (µg)	24	Linolenic acid 18:3 (as % of energy) <sup>AMDR</sup>	49
Choline (mg) <sup>AI, UL</sup>	25	<b>TABLE NOTES</b>	50

Compared to Dietary Reference Intakes: **EAR**=Estimated Average Requirement; **AI**=Adequate Intake; **UL**=Tolerable Upper Intake Level; **CDRR**=Chronic Disease Risk Reduction Intake; **AMDR**=Acceptable Macronutrient Distribution Range

<sup>△</sup> Updated April 2020 to reflect the corrected % >AI for sodium and potassium and % >CDRR for sodium

**Table H 1. Energy (kcal): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Over 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	191	1368 (31)	936* (31)	1017 (30)	1164 (30)	1345 (32)	1552 (35)	1748 (42)	1868* (46)
4-8.....	307	1747 (31)	1218* (33)	1318 (32)	1502 (31)	1723 (30)	1965 (36)	2204 (43)	2358* (50)
<b>Males:</b>									
9-13.....	159	2184 (60)	1447* (53)	1591* (54)	1847 (56)	2152 (62)	2490 (65)	2823* (76)	3038* (83)
14-18.....	158	2385 (60)	1604* (56)	1755* (57)	2025 (58)	2345 (61)	2705 (65)	3072* (74)	3286* (77)
19-50.....	743	2579 (35)	1601 (40)	1785 (39)	2124 (36)	2532 (35)	2991 (39)	3430 (47)	3709 (57)
51+.....	672	2372 (29)	1420 (41)	1599 (37)	1927 (33)	2326 (30)	2768 (33)	3198 (41)	3473 (48)
19+.....	1415	2481 (27)	1498 (38)	1688 (36)	2025 (31)	2436 (28)	2890 (29)	3336 (39)	3613 (46)
<b>Females:</b>									
9-13.....	143	1937 (49)	1240* (48)	1375* (47)	1622 (49)	1905 (47)	2222 (52)	2537* (61)	2749* (73)
14-18.....	155	1798 (51)	1129* (44)	1263* (46)	1489 (46)	1769 (50)	2070 (57)	2382* (66)	2569* (74)
19-50.....	705	1945 (24)	1221 (27)	1360 (25)	1610 (24)	1915 (24)	2245 (26)	2569 (32)	2784 (37)
51+.....	618	1796 (19)	1100 (21)	1230 (21)	1472 (19)	1763 (19)	2087 (22)	2414 (29)	2604 (35)
19+.....	1323	1868 (18)	1148 (21)	1284 (20)	1534 (18)	1834 (18)	2165 (20)	2493 (27)	2698 (33)
<b>All:</b>									
1+.....	3851	2133 (15)	1223 (17)	1376 (15)	1671 (14)	2056 (15)	2517 (18)	2998 (26)	3302 (35)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 2. Protein (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Over 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	191	50.1 (1.3)	33.4* (1.2)	36.4 (1.3)	42.1 (1.2)	49.2 (1.3)	57.2 (1.6)	64.9 (2.0)	69.6* (2.3)
4-8.....	307	61.0 (1.5)	41.1* (1.4)	44.8 (1.4)	51.7 (1.4)	60.1 (1.5)	69.3 (1.8)	78.4 (2.2)	84.3* (2.5)
<b>Males:</b>									
9-13.....	159	79.9 (2.5)	48.5* (2.8)	54.3* (2.7)	65.0 (2.5)	78.1 (2.6)	93.0 (2.9)	108.2* (3.8)	118.2* (4.6)
14-18.....	158	93.0 (2.8)	57.9* (3.3)	64.4* (3.2)	76.3 (2.9)	90.7 (2.8)	107.5 (3.1)	125.0* (4.0)	135.4* (4.6)
19-50.....	743	104.3 (2.1)	63.5 (1.8)	71.1 (1.8)	85.0 (1.8)	102.1 (2.1)	121.5 (2.5)	140.0 (3.0)	151.9 (3.4)
51+.....	672	95.9 (1.5)	56.1 (1.7)	63.6 (1.6)	77.2 (1.5)	93.7 (1.6)	112.5 (1.8)	130.7 (2.2)	142.4 (2.6)
19+.....	1415	100.3 (1.7)	59.4 (1.7)	67.1 (1.6)	81.1 (1.6)	98.2 (1.7)	117.3 (2.1)	136.1 (2.6)	148.0 (3.0)
<b>Females:</b>									
9-13.....	143	69.7 (2.1)	40.5* (2.4)	45.9* (2.4)	55.9 (2.3)	67.8 (2.1)	81.6 (2.5)	95.6* (3.4)	105.3* (4.4)
14-18.....	155	65.2 (2.3)	37.2* (2.7)	42.5* (2.7)	51.7 (2.5)	63.5 (2.4)	76.5 (2.5)	90.5* (3.0)	99.0* (3.5)
19-50.....	705	76.1 (1.2)	48.0 (1.2)	53.3 (1.2)	63.0 (1.2)	75.0 (1.2)	87.7 (1.4)	100.3 (1.7)	108.6 (1.9)
51+.....	618	70.8 (1.0)	43.5 (1.0)	48.6 (1.0)	58.1 (0.9)	69.4 (1.0)	82.1 (1.2)	95.0 (1.5)	102.4 (1.7)
19+.....	1323	73.3 (1.0)	45.3 (1.0)	50.6 (0.9)	60.3 (0.9)	72.0 (1.0)	84.9 (1.1)	97.7 (1.4)	105.7 (1.7)
<b>All:</b>									
1+.....	3851	84.1 (1.0)	46.1 (0.8)	52.2 (0.8)	64.2 (0.8)	80.4 (0.9)	100.2 (1.3)	121.2 (1.9)	134.4 (2.4)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table H 3. Protein (g/kg body weight): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	4.16 (0.11)	2.70* (0.09)	2.96 (0.09)	3.48 (0.09)	4.09 (0.11)	4.78 (0.13)	5.43 (0.15)	5.82* (0.18)	0.87	<3
4-8.....	307	2.67 (0.08)	1.55* (0.06)	1.75 (0.07)	2.14 (0.07)	2.61 (0.08)	3.13 (0.09)	3.64 (0.11)	3.96* (0.11)	0.76	<3
<b>Males:</b>											
9-13.....	158	1.96 (0.07)	1.06* (0.08)	1.23* (0.08)	1.53 (0.08)	1.90 (0.08)	2.33 (0.08)	2.76* (0.09)	3.05* (0.11)	0.76	<3
14-18.....	157	1.47 (0.05)	0.73* (0.05)	0.86* (0.05)	1.10 (0.05)	1.41 (0.05)	1.78 (0.06)	2.18* (0.08)	2.41* (0.09)	0.73	5* (1.9)
19-50.....	740	1.36 (0.03)	0.72 (0.03)	0.84 (0.03)	1.05 (0.03)	1.32 (0.03)	1.63 (0.03)	1.92 (0.04)	2.11 (0.05)	0.66	3 (0.8)
51+.....	667	1.25 (0.02)	0.63 (0.02)	0.75 (0.02)	0.96 (0.02)	1.22 (0.02)	1.51 (0.03)	1.80 (0.04)	1.99 (0.04)	0.66	6 (0.9)
19+.....	1407	1.31 (0.02)	0.67 (0.03)	0.79 (0.02)	1.00 (0.02)	1.27 (0.02)	1.57 (0.03)	1.87 (0.04)	2.06 (0.05)	0.66	5 (0.8)
<b>Females:</b>											
9-13.....	143	1.70 (0.05)	0.86* (0.06)	1.02* (0.06)	1.30 (0.06)	1.65 (0.05)	2.04 (0.05)	2.45* (0.07)	2.73* (0.09)	0.76	<3
14-18.....	155	1.16 (0.04)	0.50* (0.05)	0.62* (0.05)	0.83 (0.05)	1.11 (0.04)	1.42 (0.04)	1.77* (0.05)	1.98* (0.06)	0.71	16 (3.6)
19-50.....	699	1.19 (0.02)	0.68 (0.02)	0.77 (0.02)	0.95 (0.02)	1.17 (0.02)	1.41 (0.02)	1.64 (0.02)	1.80 (0.03)	0.66	4 (0.9)
51+.....	615	1.12 (0.02)	0.62 (0.02)	0.71 (0.02)	0.89 (0.02)	1.10 (0.02)	1.33 (0.02)	1.57 (0.02)	1.71 (0.02)	0.66	7 (1.0)
19+.....	1314	1.16 (0.02)	0.64 (0.02)	0.74 (0.02)	0.92 (0.02)	1.13 (0.02)	1.37 (0.02)	1.61 (0.02)	1.75 (0.02)	0.66	6 (0.9)
<b>All:</b>											
1+.....	3832	1.42 (0.02)	0.67 (0.02)	0.78 (0.02)	0.99 (0.01)	1.26 (0.02)	1.61 (0.02)	2.12 (0.05)	2.78 (0.12)		5 (0.6)

NOTES: EAR=Estimated Average Requirement  
 Excluded individuals 4 and over without height and weight data.  
 For individuals 4-19, body weights outside of normal range set to their normal boundary; for individuals 19 and over, to Body Mass Index cutoffs. For children 1-3, assumed reference weights.  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table H 4. Carbohydrate (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	181 (5)	120* (4)	132 (4)	152 (5)	178 (5)	206 (6)	234 (7)	251* (8)	100	<3
4-8.....	307	234 (5)	160* (4)	174 (4)	200 (4)	230 (5)	264 (6)	297 (7)	318* (8)	100	<3
<b>Males:</b>											
9-13.....	159	288 (8)	189* (8)	208* (7)	243 (7)	284 (8)	329 (8)	373* (10)	402* (12)	100	<3
14-18.....	158	302 (8)	200* (8)	220* (8)	255 (8)	297 (8)	344 (9)	392* (11)	420* (12)	100	<3
19-50.....	743	292 (4)	162 (4)	186 (4)	229 (4)	284 (4)	346 (5)	408 (7)	448 (9)	100	<3
51+.....	672	266 (4)	142 (5)	165 (5)	206 (4)	258 (4)	317 (5)	376 (6)	415 (7)	100	<3
19+.....	1415	280 (3)	151 (4)	175 (4)	218 (4)	271 (3)	333 (4)	395 (6)	434 (7)	100	<3
<b>Females:</b>											
9-13.....	143	255 (6)	162* (7)	180* (6)	213 (7)	251 (6)	294 (7)	336* (9)	364* (10)	100	<3
14-18.....	155	234 (6)	145* (5)	163* (5)	193 (5)	230 (5)	271 (7)	312* (9)	337* (11)	100	<3
19-50.....	705	227 (3)	129 (3)	147 (3)	180 (3)	221 (3)	267 (4)	313 (5)	344 (5)	100	<3
51+.....	618	206 (4)	113 (3)	129 (3)	161 (4)	200 (4)	244 (4)	290 (5)	318 (6)	100	<3
19+.....	1323	216 (3)	119 (3)	137 (3)	170 (3)	210 (3)	256 (4)	302 (4)	331 (5)	100	<3
<b>All:</b>											
1+.....	3851	249 (2)	133 (3)	153 (3)	191 (3)	239 (2)	296 (3)	356 (4)	396 (5)	100	<3

NOTES: EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table H 5. Total sugars (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Over 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	191	92 (3)	55* (2)	62 (2)	74 (3)	89 (3)	108 (4)	125 (4)	136* (5)
4-8.....	307	108 (3)	66* (2)	73 (2)	88 (2)	105 (3)	125 (3)	145 (4)	158* (5)
<b>Males:</b>									
9-13.....	159	132 (4)	78* (5)	88* (5)	106 (4)	128 (4)	154 (5)	180* (6)	197* (7)
14-18.....	158	138 (4)	82* (4)	92* (4)	111 (4)	134 (4)	161 (4)	189* (5)	205* (6)
19-50.....	743	121 (3)	47 (2)	58 (2)	81 (2)	113 (3)	152 (4)	193 (6)	221 (7)
51+.....	672	111 (3)	41 (2)	52 (2)	73 (2)	103 (2)	140 (3)	179 (5)	205 (6)
19+.....	1415	116 (3)	44 (2)	55 (2)	77 (2)	108 (3)	146 (3)	187 (5)	214 (6)
<b>Females:</b>									
9-13.....	143	116 (4)	65* (4)	74* (4)	92 (4)	113 (4)	136 (4)	161* (5)	177* (6)
14-18.....	155	106 (3)	58* (3)	67* (4)	82 (3)	103 (3)	125 (4)	149* (5)	163* (6)
19-50.....	705	97 (3)	42 (2)	51 (2)	69 (2)	92 (2)	120 (3)	150 (4)	171 (5)
51+.....	618	92 (3)	39 (1)	47 (2)	64 (2)	86 (2)	114 (3)	144 (4)	163 (5)
19+.....	1323	95 (2)	40 (1)	49 (1)	66 (2)	89 (2)	117 (3)	147 (4)	167 (5)
<b>All:</b>									
1+.....	3851	107 (2)	44 (1)	54 (1)	74 (1)	101 (1)	133 (2)	168 (3)	192 (4)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table H 6. Dietary fiber (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	10.8 (0.4)	6.0* (0.3)	6.8 (0.3)	8.4 (0.3)	10.5 (0.4)	12.8 (0.4)	15.2 (0.5)	16.6* (0.6)	19	<3
4-8.....	307	14.1 (0.4)	8.2* (0.3)	9.3 (0.3)	11.3 (0.3)	13.7 (0.3)	16.5 (0.4)	19.3 (0.6)	21.1* (0.6)	25	<3
<b>Males:</b>											
9-13.....	159	16.8 (0.5)	9.5* (0.5)	10.8* (0.5)	13.3 (0.5)	16.3 (0.5)	19.9 (0.5)	23.6* (0.6)	26.0* (0.7)	31	<3
14-18.....	158	16.8 (0.5)	9.5* (0.5)	10.8* (0.5)	13.2 (0.5)	16.2 (0.5)	19.8 (0.6)	23.7* (0.7)	26.0* (0.8)	38	<3
19-50.....	743	20.3 (0.4)	9.5 (0.4)	11.3 (0.4)	14.8 (0.4)	19.4 (0.4)	24.9 (0.5)	30.5 (0.7)	34.2 (0.9)	38	<3
51+.....	672	20.5 (0.4)	9.6 (0.4)	11.5 (0.4)	15.0 (0.4)	19.6 (0.4)	25.0 (0.5)	30.6 (0.7)	34.3 (0.8)	30	11 (1.3)
19+.....	1415	20.4 (0.3)	9.6 (0.4)	11.4 (0.3)	14.9 (0.3)	19.5 (0.3)	24.9 (0.4)	30.5 (0.6)	34.2 (0.8)		6 (0.8)
<b>Females:</b>											
9-13.....	143	15.5 (0.4)	8.4* (0.4)	9.7* (0.4)	12.1 (0.4)	15.0 (0.4)	18.4 (0.4)	21.9* (0.6)	24.3* (0.8)	26	3* (0.9)
14-18.....	155	13.9 (0.4)	7.4* (0.5)	8.6* (0.5)	10.7 (0.4)	13.5 (0.4)	16.6 (0.4)	20.0* (0.5)	22.1* (0.6)	26	<3
19-50.....	705	17.3 (0.4)	8.6 (0.2)	10.1 (0.3)	12.9 (0.3)	16.7 (0.4)	20.9 (0.5)	25.4 (0.6)	28.4 (0.7)	25	11 (1.4)
51+.....	618	17.0 (0.4)	8.3 (0.3)	9.8 (0.3)	12.6 (0.3)	16.3 (0.4)	20.6 (0.4)	25.2 (0.5)	28.0 (0.6)	21	23 (1.9)
19+.....	1323	17.1 (0.3)	8.4 (0.2)	9.9 (0.3)	12.8 (0.3)	16.4 (0.3)	20.7 (0.4)	25.3 (0.5)	28.2 (0.6)		17 (1.5)
<b>All:</b>											
1+.....	3851	18.1 (0.2)	8.6 (0.1)	10.1 (0.1)	13.1 (0.2)	17.1 (0.2)	22.0 (0.3)	27.4 (0.5)	31.0 (0.6)		10 (0.8)

NOTES: AI=Adequate Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 7. Total fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Over 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	191	51.6 (1.1)	32.6* (1.1)	35.9 (1.0)	42.4 (0.9)	50.4 (1.1)	59.7 (1.4)	68.8 (2.0)	74.4* (2.3)
4-8.....	307	65.8 (1.3)	42.4* (1.5)	46.7 (1.4)	54.7 (1.3)	64.5 (1.3)	75.4 (1.6)	86.5 (2.1)	93.6* (2.5)
<b>Males:</b>									
9-13.....	159	83.1 (2.7)	50.7* (2.5)	56.9* (2.5)	67.9 (2.4)	81.4 (2.7)	96.6 (3.1)	111.8* (3.9)	121.8* (4.5)
14-18.....	158	90.9 (2.6)	56.5* (2.5)	62.9* (2.5)	74.7 (2.4)	88.8 (2.6)	105.0 (3.1)	121.9* (3.9)	131.8* (4.4)
19-50.....	743	100.4 (1.7)	57.9 (1.7)	65.7 (1.7)	80.2 (1.6)	98.0 (1.7)	118.3 (2.0)	138.0 (2.4)	150.6 (2.7)
51+.....	672	95.6 (1.5)	53.8 (1.7)	61.5 (1.6)	75.7 (1.5)	93.2 (1.5)	113.1 (1.8)	132.5 (2.4)	145.0 (2.9)
19+.....	1415	98.1 (1.4)	55.7 (1.6)	63.6 (1.5)	78.0 (1.4)	95.7 (1.4)	115.8 (1.6)	135.5 (2.2)	148.2 (2.6)
<b>Females:</b>									
9-13.....	143	74.9 (2.1)	44.0* (2.2)	49.8* (2.1)	60.6 (2.0)	73.2 (2.0)	87.6 (2.5)	102.1* (3.3)	112.0* (4.1)
14-18.....	155	69.3 (2.6)	39.8* (2.6)	45.5* (2.6)	55.3 (2.5)	67.8 (2.6)	81.4 (2.9)	95.7* (3.4)	104.4* (3.8)
19-50.....	705	77.1 (1.2)	43.2 (1.2)	49.3 (1.2)	60.7 (1.2)	75.1 (1.2)	91.1 (1.4)	107.3 (1.7)	118.2 (1.9)
51+.....	618	73.7 (1.3)	40.5 (1.0)	46.4 (1.0)	57.6 (1.1)	71.5 (1.3)	87.5 (1.6)	104.1 (2.1)	113.9 (2.4)
19+.....	1323	75.3 (1.1)	41.6 (0.9)	47.7 (1.0)	59.0 (1.0)	73.2 (1.1)	89.2 (1.3)	105.7 (1.7)	116.0 (2.0)
<b>All:</b>									
1+.....	3851	84.4 (0.9)	44.5 (0.7)	51.1 (0.7)	64.1 (0.7)	81.2 (0.9)	101.3 (1.1)	122.1 (1.5)	135.3 (1.9)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table H 8. Saturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Over 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	191	19.4 (0.5)	11.7* (0.5)	13.0 (0.5)	15.6 (0.5)	18.8 (0.5)	22.6 (0.6)	26.4 (0.9)	28.8* (1.0)
4-8.....	307	23.5 (0.6)	14.4* (0.6)	16.0 (0.6)	19.1 (0.6)	22.9 (0.6)	27.3 (0.7)	31.8 (0.9)	34.7* (1.1)
<b>Males:</b>									
9-13.....	159	29.8 (1.0)	17.5* (0.8)	19.8* (0.8)	23.9 (0.8)	29.1 (1.0)	34.9 (1.1)	40.9* (1.4)	44.8* (1.7)
14-18.....	158	31.7 (0.9)	18.8* (0.8)	21.2* (0.8)	25.5 (0.8)	30.8 (0.9)	36.9 (1.1)	43.4* (1.5)	47.3* (1.6)
19-50.....	743	32.5 (0.6)	17.9 (0.6)	20.6 (0.6)	25.4 (0.6)	31.6 (0.6)	38.7 (0.7)	45.6 (0.9)	50.1 (1.1)
51+.....	672	30.8 (0.6)	16.6 (0.6)	19.2 (0.6)	23.9 (0.6)	29.9 (0.6)	36.7 (0.7)	43.5 (0.9)	48.0 (1.1)
19+.....	1415	31.7 (0.5)	17.2 (0.6)	19.9 (0.5)	24.7 (0.5)	30.8 (0.5)	37.7 (0.6)	44.7 (0.8)	49.2 (1.0)
<b>Females:</b>									
9-13.....	143	26.3 (0.7)	14.8* (0.7)	16.9* (0.7)	20.8 (0.7)	25.5 (0.7)	31.0 (0.8)	36.5* (1.1)	40.4* (1.4)
14-18.....	155	23.6 (0.9)	12.8* (0.9)	14.9* (0.9)	18.4 (0.9)	22.9 (1.0)	27.9 (1.1)	33.3* (1.3)	36.6* (1.4)
19-50.....	705	24.5 (0.4)	12.7 (0.4)	14.7 (0.4)	18.6 (0.4)	23.7 (0.4)	29.5 (0.5)	35.4 (0.6)	39.5 (0.7)
51+.....	618	23.4 (0.4)	11.8 (0.3)	13.8 (0.3)	17.7 (0.3)	22.5 (0.4)	28.2 (0.5)	34.3 (0.7)	37.9 (0.8)
19+.....	1323	24.0 (0.3)	12.2 (0.3)	14.2 (0.3)	18.1 (0.3)	23.1 (0.3)	28.8 (0.4)	34.8 (0.6)	38.7 (0.7)
<b>All:</b>									
1+.....	3851	27.5 (0.3)	13.8 (0.3)	16.1 (0.3)	20.5 (0.2)	26.4 (0.3)	33.3 (0.4)	40.5 (0.6)	45.1 (0.7)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 9. Monounsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Over 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	191	17.0 (0.4)	10.5* (0.4)	11.7 (0.4)	13.9 (0.3)	16.6 (0.4)	19.8 (0.5)	22.9 (0.7)	24.9* (0.9)
4-8.....	307	22.0 (0.5)	13.9* (0.5)	15.4 (0.5)	18.1 (0.5)	21.5 (0.5)	25.3 (0.6)	29.1 (0.8)	31.5* (1.0)
<b>Males:</b>									
9-13.....	159	28.1 (1.0)	16.6* (0.9)	18.8* (0.9)	22.6 (0.9)	27.4 (1.0)	32.8 (1.2)	38.4* (1.5)	42.0* (1.8)
14-18.....	158	30.9 (1.0)	18.7* (0.8)	20.9* (0.8)	25.1 (0.8)	30.1 (0.9)	36.0 (1.2)	42.1* (1.6)	45.8* (1.8)
19-50.....	743	35.3 (0.6)	19.7 (0.6)	22.5 (0.6)	27.7 (0.6)	34.3 (0.6)	41.8 (0.7)	49.2 (0.8)	54.0 (1.0)
51+.....	672	34.0 (0.5)	18.6 (0.5)	21.4 (0.5)	26.6 (0.5)	33.1 (0.5)	40.5 (0.7)	47.8 (0.9)	52.6 (1.1)
19+.....	1415	34.7 (0.5)	19.1 (0.5)	22.0 (0.5)	27.2 (0.5)	33.7 (0.5)	41.2 (0.6)	48.6 (0.8)	53.3 (0.9)
<b>Females:</b>									
9-13.....	143	25.2 (0.8)	14.4* (0.8)	16.4* (0.8)	20.1 (0.8)	24.5 (0.8)	29.6 (1.0)	34.9* (1.3)	38.5* (1.7)
14-18.....	155	23.2 (1.0)	12.9* (0.9)	14.8* (0.9)	18.2 (0.9)	22.6 (1.0)	27.4 (1.1)	32.5* (1.3)	35.6* (1.5)
19-50.....	705	26.9 (0.5)	14.8 (0.4)	16.9 (0.4)	21.0 (0.4)	26.2 (0.5)	32.0 (0.6)	37.9 (0.8)	41.9 (0.9)
51+.....	618	26.0 (0.7)	14.0 (0.4)	16.1 (0.4)	20.1 (0.5)	25.1 (0.6)	31.0 (0.8)	37.1 (1.1)	40.7 (1.3)
19+.....	1323	26.4 (0.5)	14.4 (0.3)	16.5 (0.3)	20.5 (0.4)	25.6 (0.5)	31.4 (0.7)	37.5 (0.9)	41.3 (1.0)
<b>All:</b>									
1+.....	3851	29.5 (0.3)	15.1 (0.2)	17.4 (0.3)	22.1 (0.3)	28.3 (0.4)	35.7 (0.4)	43.4 (0.6)	48.4 (0.7)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 10. Polyunsaturated fat (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Over 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	191	10.3 (0.3)	5.9* (0.3)	6.7 (0.3)	8.1 (0.3)	10.0 (0.3)	12.2 (0.3)	14.5 (0.4)	15.8* (0.5)
4-8.....	307	14.2 (0.3)	8.5* (0.3)	9.5 (0.3)	11.4 (0.3)	13.8 (0.3)	16.5 (0.4)	19.4 (0.6)	21.2* (0.7)
<b>Males:</b>									
9-13.....	159	17.8 (0.7)	10.2* (0.7)	11.6* (0.6)	14.1 (0.6)	17.3 (0.7)	21.0 (0.9)	24.8* (1.2)	27.3* (1.4)
14-18.....	158	19.5 (0.8)	11.3* (0.7)	12.8* (0.7)	15.5 (0.7)	18.9 (0.8)	22.8 (1.0)	27.1* (1.3)	29.7* (1.5)
19-50.....	743	23.2 (0.4)	12.9 (0.4)	14.6 (0.4)	18.1 (0.4)	22.4 (0.4)	27.5 (0.5)	32.6 (0.7)	35.9 (0.9)
51+.....	672	22.4 (0.4)	12.2 (0.4)	14.0 (0.4)	17.4 (0.4)	21.6 (0.4)	26.6 (0.6)	31.7 (0.8)	35.0 (1.0)
19+.....	1415	22.8 (0.4)	12.5 (0.4)	14.3 (0.4)	17.7 (0.3)	22.0 (0.4)	27.1 (0.5)	32.2 (0.7)	35.5 (0.9)
<b>Females:</b>									
9-13.....	143	17.0 (0.7)	9.5* (0.6)	10.8* (0.5)	13.4 (0.5)	16.4 (0.6)	20.0 (0.8)	23.8* (1.1)	26.4* (1.4)
14-18.....	155	16.0 (0.8)	8.8* (0.7)	10.1* (0.7)	12.4 (0.7)	15.5 (0.7)	18.9 (0.9)	22.7* (1.1)	25.0* (1.3)
19-50.....	705	18.7 (0.4)	10.3 (0.3)	11.8 (0.3)	14.5 (0.3)	18.2 (0.4)	22.2 (0.4)	26.4 (0.6)	29.4 (0.7)
51+.....	618	17.8 (0.3)	9.6 (0.3)	11.0 (0.3)	13.7 (0.3)	17.2 (0.3)	21.2 (0.4)	25.6 (0.6)	28.2 (0.7)
19+.....	1323	18.3 (0.3)	9.9 (0.3)	11.3 (0.3)	14.1 (0.3)	17.6 (0.3)	21.7 (0.4)	26.0 (0.5)	28.7 (0.6)
<b>All:</b>									
1+.....	3851	19.7 (0.3)	9.9 (0.2)	11.5 (0.2)	14.7 (0.2)	18.9 (0.3)	23.8 (0.3)	29.0 (0.5)	32.3 (0.6)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table H 11. Linoleic acid 18:2 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	9.2 (0.2)	5.2* (0.2)	5.8 (0.2)	7.1 (0.2)	8.8 (0.2)	10.8 (0.3)	12.9 (0.4)	14.2* (0.5)	7	77 (3.0)
4-8.....	307	12.7 (0.3)	7.5* (0.3)	8.4 (0.3)	10.1 (0.3)	12.4 (0.3)	14.9 (0.4)	17.4 (0.6)	19.1* (0.7)	10	77 (2.6)
<b>Males:</b>											
9-13.....	159	15.9 (0.6)	9.1* (0.6)	10.3* (0.6)	12.6 (0.6)	15.5 (0.6)	18.8 (0.8)	22.2* (1.1)	24.5* (1.3)	12	79 (4.1)
14-18.....	158	17.4 (0.7)	10.0* (0.6)	11.3* (0.6)	13.8 (0.6)	16.8 (0.7)	20.4 (0.9)	24.2* (1.2)	26.5* (1.4)	16	57 (5.8)
19-50.....	743	20.5 (0.4)	11.3 (0.4)	12.9 (0.4)	16.0 (0.4)	19.8 (0.4)	24.4 (0.5)	29.0 (0.6)	32.0 (0.8)	17	69 (2.2)
51+.....	672	19.8 (0.4)	10.7 (0.4)	12.3 (0.4)	15.3 (0.3)	19.1 (0.4)	23.5 (0.5)	28.1 (0.7)	31.0 (0.9)	14	82 (1.8)
19+.....	1415	20.2 (0.3)	11.0 (0.4)	12.6 (0.3)	15.6 (0.3)	19.5 (0.3)	24.0 (0.4)	28.6 (0.6)	31.6 (0.8)		75 (1.9)
<b>Females:</b>											
9-13.....	143	15.2 (0.6)	8.4* (0.5)	9.6* (0.5)	11.9 (0.5)	14.7 (0.5)	18.0 (0.7)	21.3* (1.0)	23.7* (1.3)	10	88* (2.9)
14-18.....	155	14.3 (0.7)	7.8* (0.6)	9.0* (0.6)	11.1 (0.6)	13.9 (0.7)	17.0 (0.8)	20.3* (1.0)	22.4* (1.2)	11	76 (5.1)
19-50.....	705	16.6 (0.3)	9.0 (0.3)	10.3 (0.3)	12.8 (0.3)	16.0 (0.3)	19.7 (0.4)	23.5 (0.5)	26.1 (0.6)	12	81 (1.9)
51+.....	618	15.6 (0.3)	8.3 (0.3)	9.5 (0.3)	12.0 (0.3)	15.0 (0.3)	18.7 (0.4)	22.6 (0.5)	24.9 (0.6)	11	82 (1.7)
19+.....	1323	16.1 (0.3)	8.6 (0.3)	9.9 (0.3)	12.3 (0.3)	15.5 (0.3)	19.2 (0.4)	23.0 (0.5)	25.5 (0.6)		81 (1.6)
<b>All:</b>											
1+.....	3851	17.4 (0.2)	8.7 (0.2)	10.1 (0.2)	13.0 (0.2)	16.7 (0.2)	21.1 (0.3)	25.7 (0.4)	28.7 (0.5)		77 (1.3)

NOTES: AI=Adequate Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table H 12. Linolenic acid 18:3 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	0.97 (0.03)	0.56* (0.03)	0.62 (0.03)	0.76 (0.03)	0.93 (0.03)	1.14 (0.04)	1.36 (0.05)	1.50* (0.06)	0.7	82 (3.4)
4-8.....	307	1.22 (0.03)	0.71* (0.03)	0.80 (0.03)	0.97 (0.03)	1.18 (0.03)	1.43 (0.03)	1.69 (0.04)	1.86* (0.05)	0.9	82 (2.9)
<b>Males:</b>											
9-13.....	159	1.54 (0.06)	0.87* (0.06)	0.99* (0.06)	1.21 (0.05)	1.49 (0.06)	1.82 (0.08)	2.16* (0.12)	2.40* (0.15)	1.2	76 (4.5)
14-18.....	158	1.67 (0.07)	0.96* (0.07)	1.08* (0.07)	1.32 (0.07)	1.61 (0.07)	1.97 (0.09)	2.36* (0.13)	2.59* (0.16)	1.6	51 (6.3)
19-50.....	743	2.10 (0.05)	1.15 (0.04)	1.31 (0.04)	1.62 (0.04)	2.01 (0.04)	2.49 (0.07)	2.99 (0.11)	3.31 (0.13)	1.6	76 (2.1)
51+.....	672	2.08 (0.05)	1.13 (0.04)	1.29 (0.04)	1.60 (0.03)	2.00 (0.04)	2.47 (0.07)	2.96 (0.11)	3.29 (0.14)	1.6	75 (1.9)
19+.....	1415	2.09 (0.04)	1.14 (0.04)	1.30 (0.04)	1.61 (0.03)	2.01 (0.04)	2.48 (0.07)	2.97 (0.10)	3.30 (0.13)	1.6	76 (1.7)
<b>Females:</b>											
9-13.....	143	1.48 (0.06)	0.82* (0.06)	0.93* (0.05)	1.16 (0.05)	1.43 (0.06)	1.75 (0.08)	2.09* (0.13)	2.33* (0.16)	1	86 (3.4)
14-18.....	155	1.38 (0.07)	0.75* (0.07)	0.86* (0.06)	1.06 (0.06)	1.33 (0.07)	1.63 (0.09)	1.97* (0.12)	2.18* (0.15)	1.1	72 (5.7)
19-50.....	705	1.77 (0.04)	0.93 (0.04)	1.07 (0.04)	1.34 (0.04)	1.70 (0.04)	2.12 (0.05)	2.57 (0.07)	2.89 (0.09)	1.1	89 (2.1)
51+.....	618	1.74 (0.04)	0.90 (0.04)	1.04 (0.04)	1.31 (0.04)	1.66 (0.04)	2.09 (0.06)	2.56 (0.08)	2.85 (0.10)	1.1	87 (1.8)
19+.....	1323	1.76 (0.04)	0.92 (0.04)	1.05 (0.04)	1.32 (0.03)	1.68 (0.04)	2.10 (0.05)	2.56 (0.07)	2.87 (0.10)	1.1	88 (1.8)
<b>All:</b>											
1+.....	3851	1.83 (0.03)	0.89 (0.02)	1.04 (0.02)	1.34 (0.02)	1.74 (0.03)	2.22 (0.04)	2.72 (0.07)	3.05 (0.10)		80 (1.3)

NOTES: AI=Adequate Intake

The AI is specifically for the  $\alpha$ -linolenic isomer (18:3 n-3 c,c,c). Intakes of linolenic 18:3 are for the undifferentiated fatty acid.

\* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 13. Eicosapentaenoic acid 20:5 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Over 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	191	0.01 (#)	#	#	#	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.01* (0.001)
4-8.....	307	0.01 (0.001)	#	0.01 (#)	0.01 (#)	0.01 (#)	0.01 (0.001)	0.01 (0.001)	0.02* (0.002)
<b>Males:</b>									
9-13.....	159	0.01 (0.001)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02* (0.002)	0.02* (0.002)
14-18.....	158	0.01 (0.001)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02* (0.002)	0.02* (0.003)
19-50.....	743	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.04 (0.004)
51+.....	672	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.002)	0.03 (0.003)	0.04 (0.004)
19+.....	1415	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)	0.04 (0.004)
<b>Females:</b>									
9-13.....	143	0.01 (0.001)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01* (0.002)	0.02* (0.002)
14-18.....	155	0.01 (0.001)	0.01* (0.001)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01* (0.002)	0.02* (0.002)
19-50.....	705	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)
51+.....	618	0.02 (0.002)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)
19+.....	1323	0.02 (0.001)	0.01 (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)
<b>All:</b>									
1+.....	3851	0.02 (0.001)	0.01 (#)	0.01 (#)	0.01 (0.001)	0.02 (0.001)	0.02 (0.002)	0.03 (0.002)	0.04 (0.003)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error  
# Indicates a non-zero value too small to report

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 14. Docosahexaenoic acid 22:6 (g): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Over 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	191	0.02 (0.002)	0.01* (0.001)	0.01 (0.001)	0.01 (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04* (0.005)
4-8.....	307	0.02 (0.002)	0.01* (0.001)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04* (0.005)
<b>Males:</b>									
9-13.....	159	0.03 (0.002)	0.01* (0.001)	0.01* (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.05* (0.004)	0.06* (0.006)
14-18.....	158	0.03 (0.003)	0.01* (0.001)	0.01* (0.002)	0.02 (0.002)	0.03 (0.003)	0.04 (0.004)	0.06* (0.006)	0.07* (0.009)
19-50.....	743	0.07 (0.006)	0.02 (0.002)	0.02 (0.003)	0.03 (0.003)	0.05 (0.005)	0.08 (0.007)	0.13 (0.012)	0.17 (0.016)
51+.....	672	0.07 (0.005)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.05 (0.004)	0.09 (0.007)	0.13 (0.011)	0.17 (0.016)
19+.....	1415	0.07 (0.005)	0.02 (0.002)	0.02 (0.002)	0.03 (0.003)	0.05 (0.004)	0.09 (0.007)	0.13 (0.011)	0.17 (0.015)
<b>Females:</b>									
9-13.....	143	0.02 (0.003)	0.01* (0.001)	0.01* (0.001)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.04* (0.005)	0.05* (0.007)
14-18.....	155	0.02 (0.003)	0.01* (0.001)	0.01* (0.002)	0.01 (0.002)	0.02 (0.003)	0.03 (0.004)	0.04* (0.006)	0.06* (0.008)
19-50.....	705	0.06 (0.004)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.05 (0.003)	0.07 (0.005)	0.11 (0.009)	0.14 (0.013)
51+.....	618	0.06 (0.005)	0.02 (0.002)	0.02 (0.003)	0.03 (0.003)	0.05 (0.004)	0.08 (0.006)	0.12 (0.011)	0.15 (0.015)
19+.....	1323	0.06 (0.004)	0.01 (0.002)	0.02 (0.002)	0.03 (0.003)	0.05 (0.004)	0.07 (0.005)	0.11 (0.009)	0.15 (0.014)
<b>All:</b>									
1+.....	3851	0.06 (0.003)	0.01 (0.001)	0.01 (0.001)	0.02 (0.002)	0.04 (0.003)	0.07 (0.004)	0.11 (0.007)	0.15 (0.011)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 15. Cholesterol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Over 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	191	166 (7)	93* (7)	105 (7)	129 (6)	160 (7)	197 (9)	235 (12)	260* (15)
4-8.....	307	189 (7)	107* (8)	120 (8)	147 (7)	183 (7)	223 (8)	267 (12)	295* (15)
<b>Males:</b>									
9-13.....	159	257 (11)	127* (9)	149* (9)	190 (9)	245 (10)	311 (13)	382* (19)	430* (24)
14-18.....	158	297 (11)	151* (10)	175* (10)	222 (10)	282 (11)	357 (14)	440* (21)	491* (25)
19-50.....	743	352 (8)	167 (7)	196 (7)	256 (7)	334 (8)	430 (11)	529 (15)	596 (19)
51+.....	672	333 (7)	154 (7)	183 (7)	240 (7)	315 (7)	407 (10)	503 (15)	568 (18)
19+.....	1415	343 (7)	160 (7)	190 (7)	248 (6)	325 (7)	419 (9)	517 (14)	583 (18)
<b>Females:</b>									
9-13.....	143	225 (10)	106* (8)	126* (8)	164 (8)	213 (9)	274 (12)	339* (17)	386* (23)
14-18.....	155	201 (12)	92* (9)	110* (10)	144 (10)	190 (12)	245 (15)	308* (18)	348* (21)
19-50.....	705	253 (5)	125 (6)	146 (6)	187 (5)	242 (5)	306 (6)	374 (8)	422 (10)
51+.....	618	246 (5)	119 (5)	140 (5)	181 (5)	234 (5)	298 (6)	369 (9)	412 (11)
19+.....	1323	249 (4)	122 (5)	143 (5)	184 (5)	238 (4)	302 (5)	371 (8)	417 (10)
<b>All:</b>									
1+.....	3851	284 (4)	125 (3)	148 (3)	195 (3)	263 (4)	350 (5)	447 (9)	514 (12)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table H 16. Vitamin A (µg RAE): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	604 (17)	356* (15)	400 (14)	483 (14)	590 (16)	709 (20)	826 (27)	903* (31)	210	<3
4-8.....	307	653 (19)	385* (16)	433 (15)	525 (16)	638 (19)	763 (23)	891 (30)	972* (34)	275	<3
<b>Males:</b>											
9-13.....	159	719 (28)	344* (29)	408* (30)	529 (29)	687 (30)	876 (33)	1074* (41)	1209* (50)	445	14 (3.4)
14-18.....	158	676 (25)	317* (27)	376* (28)	491 (26)	640 (25)	824 (30)	1025* (40)	1148* (46)	630	48 (4.3)
19-50.....	743	701 (19)	292 (16)	354 (16)	480 (17)	653 (19)	873 (23)	1110 (30)	1271 (36)	625	46 (2.7)
51+.....	672	743 (22)	309 (16)	378 (17)	509 (19)	693 (21)	920 (27)	1172 (35)	1345 (43)	625	41 (2.8)
19+.....	1415	721 (17)	299 (15)	365 (16)	493 (16)	671 (17)	897 (22)	1139 (30)	1307 (38)	625	44 (2.4)
<b>Females:</b>											
9-13.....	143	621 (18)	278* (22)	334* (22)	447 (21)	589 (19)	761 (23)	945* (35)	1075* (46)	420	21 (3.0)
14-18.....	155	535 (26)	226* (26)	278* (27)	374 (26)	506 (27)	661 (30)	835* (38)	944* (45)	485	46 (5.1)
19-50.....	705	631 (20)	279 (16)	332 (16)	440 (17)	590 (19)	774 (24)	978 (35)	1126 (44)	500	35 (3.0)
51+.....	618	672 (17)	298 (16)	353 (16)	470 (16)	627 (17)	825 (20)	1051 (31)	1199 (40)	500	30 (2.6)
19+.....	1323	652 (16)	288 (15)	343 (16)	455 (15)	609 (16)	802 (20)	1019 (31)	1168 (40)	500	32 (2.5)
<b>All:</b>											
1+.....	3851	679 (11)	296 (11)	355 (11)	474 (10)	633 (11)	833 (13)	1059 (19)	1217 (25)		35 (1.7)

NOTES: RAE=Retinol Activity Equivalents; EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 17. Retinol (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	450 (18)	254* (19)	288 (18)	355 (18)	439 (19)	533 (19)	625 (23)	682* (26)	600	13 (3.0)
4-8.....	307	481 (18)	272* (18)	310 (18)	381 (18)	470 (19)	568 (21)	666 (26)	729* (28)	900	<3
<b>Males:</b>											
9-13.....	159	558 (26)	238* (21)	290* (23)	393 (24)	528 (27)	693 (31)	867* (38)	985* (43)	1700	<3
14-18.....	158	539 (25)	226* (20)	276* (21)	376 (22)	507 (25)	669 (30)	848* (39)	958* (44)	2800	<3
19-50.....	743	489 (14)	174 (12)	220 (13)	313 (14)	448 (15)	622 (17)	810 (21)	938 (26)	3000	<3
51+.....	672	504 (16)	179 (12)	228 (13)	324 (14)	462 (16)	637 (19)	833 (25)	969 (30)	3000	<3
19+.....	1415	496 (13)	176 (12)	224 (12)	318 (13)	455 (13)	629 (16)	821 (21)	953 (26)	3000	<3
<b>Females:</b>											
9-13.....	143	479 (19)	186* (17)	233* (19)	328 (20)	449 (19)	599 (22)	760* (28)	875* (36)	1700	<3
14-18.....	155	396 (23)	141* (16)	181* (19)	259 (20)	369 (23)	501 (27)	651* (35)	746* (41)	2800	<3
19-50.....	705	398 (11)	162 (9)	197 (9)	269 (10)	370 (11)	495 (14)	633 (19)	733 (25)	3000	<3
51+.....	618	410 (11)	166 (9)	201 (9)	277 (10)	380 (11)	510 (13)	660 (18)	757 (23)	3000	<3
19+.....	1323	404 (9)	164 (8)	199 (8)	273 (8)	375 (9)	503 (11)	648 (16)	746 (21)	3000	<3
<b>All:</b>											
1+.....	3851	457 (7)	174 (7)	216 (8)	302 (7)	422 (8)	571 (9)	742 (13)	863 (17)		<3

NOTES: UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 18. Thiamin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	1.13 (0.04)	0.71* (0.03)	0.79 (0.03)	0.93 (0.03)	1.10 (0.04)	1.30 (0.04)	1.50 (0.05)	1.62* (0.06)	0.4	<3
4-8.....	307	1.46 (0.04)	0.95* (0.03)	1.04 (0.03)	1.22 (0.03)	1.44 (0.03)	1.67 (0.04)	1.92 (0.05)	2.07* (0.06)	0.5	<3
<b>Males:</b>											
9-13.....	159	1.83 (0.06)	1.07* (0.06)	1.21* (0.06)	1.47 (0.05)	1.78 (0.06)	2.15 (0.08)	2.52* (0.11)	2.76* (0.13)	0.7	<3
14-18.....	158	2.00 (0.07)	1.19* (0.07)	1.33* (0.06)	1.61 (0.06)	1.94 (0.07)	2.33 (0.09)	2.74* (0.12)	2.98* (0.14)	1	<3
19-50.....	743	1.96 (0.03)	1.11 (0.02)	1.26 (0.02)	1.54 (0.02)	1.90 (0.03)	2.32 (0.04)	2.74 (0.05)	3.01 (0.06)	1	<3
51+.....	672	1.88 (0.03)	1.05 (0.03)	1.20 (0.03)	1.47 (0.03)	1.82 (0.03)	2.22 (0.04)	2.63 (0.05)	2.90 (0.06)	1	4 (0.6)
19+.....	1415	1.92 (0.03)	1.08 (0.03)	1.23 (0.02)	1.51 (0.02)	1.86 (0.03)	2.27 (0.03)	2.69 (0.04)	2.96 (0.05)	1	3 (0.5)
<b>Females:</b>											
9-13.....	143	1.59 (0.04)	0.89* (0.05)	1.02* (0.05)	1.26 (0.04)	1.54 (0.04)	1.88 (0.06)	2.22* (0.09)	2.46* (0.12)	0.7	<3
14-18.....	155	1.46 (0.04)	0.80* (0.05)	0.92* (0.05)	1.14 (0.04)	1.42 (0.04)	1.73 (0.06)	2.07* (0.09)	2.27* (0.11)	0.9	9* (2.4)
19-50.....	705	1.47 (0.02)	0.86 (0.03)	0.96 (0.03)	1.17 (0.03)	1.43 (0.02)	1.72 (0.03)	2.01 (0.04)	2.22 (0.04)	0.9	7 (1.3)
51+.....	618	1.37 (0.02)	0.79 (0.02)	0.89 (0.02)	1.09 (0.02)	1.33 (0.02)	1.62 (0.03)	1.92 (0.04)	2.10 (0.05)	0.9	11 (1.4)
19+.....	1323	1.42 (0.02)	0.82 (0.02)	0.92 (0.02)	1.13 (0.02)	1.38 (0.02)	1.67 (0.02)	1.97 (0.03)	2.16 (0.04)	0.9	9 (1.2)
<b>All:</b>											
1+.....	3851	1.66 (0.02)	0.89 (0.02)	1.02 (0.02)	1.26 (0.02)	1.58 (0.02)	1.98 (0.02)	2.41 (0.03)	2.70 (0.04)		5 (0.6)

NOTES: EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 19. Riboflavin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	1.72 (0.05)	1.08* (0.05)	1.19 (0.05)	1.41 (0.05)	1.68 (0.05)	1.99 (0.05)	2.28 (0.06)	2.46* (0.06)	0.4	<3
4-8.....	307	1.88 (0.05)	1.19* (0.05)	1.32 (0.05)	1.56 (0.05)	1.85 (0.05)	2.17 (0.05)	2.49 (0.06)	2.70* (0.06)	0.5	<3
<b>Males:</b>											
9-13.....	159	2.31 (0.09)	1.25* (0.09)	1.44* (0.09)	1.79 (0.09)	2.23 (0.09)	2.76 (0.11)	3.31* (0.14)	3.68* (0.17)	0.8	<3
14-18.....	158	2.51 (0.08)	1.38* (0.09)	1.57* (0.09)	1.94 (0.08)	2.41 (0.08)	2.97 (0.11)	3.58* (0.15)	3.95* (0.18)	1.1	<3
19-50.....	743	2.65 (0.05)	1.30 (0.04)	1.52 (0.04)	1.95 (0.04)	2.52 (0.05)	3.22 (0.06)	3.94 (0.08)	4.42 (0.10)	1.1	<3
51+.....	672	2.62 (0.04)	1.28 (0.04)	1.50 (0.04)	1.93 (0.04)	2.50 (0.04)	3.18 (0.05)	3.89 (0.08)	4.38 (0.09)	1.1	<3
19+.....	1415	2.64 (0.04)	1.29 (0.04)	1.51 (0.04)	1.94 (0.04)	2.51 (0.04)	3.20 (0.05)	3.91 (0.07)	4.40 (0.09)	1.1	<3
<b>Females:</b>											
9-13.....	143	2.01 (0.08)	1.04* (0.07)	1.20* (0.08)	1.53 (0.08)	1.93 (0.08)	2.41 (0.09)	2.91* (0.13)	3.27* (0.17)	0.8	<3
14-18.....	155	1.79 (0.07)	0.90* (0.07)	1.05* (0.07)	1.34 (0.07)	1.72 (0.07)	2.16 (0.08)	2.64* (0.11)	2.94* (0.13)	0.9	5* (1.9)
19-50.....	705	2.00 (0.04)	1.11 (0.04)	1.26 (0.04)	1.56 (0.04)	1.94 (0.04)	2.36 (0.04)	2.80 (0.05)	3.11 (0.06)	0.9	<3
51+.....	618	1.98 (0.03)	1.09 (0.03)	1.24 (0.03)	1.54 (0.03)	1.91 (0.03)	2.34 (0.04)	2.80 (0.05)	3.08 (0.07)	0.9	<3
19+.....	1323	1.99 (0.03)	1.10 (0.03)	1.25 (0.03)	1.55 (0.03)	1.92 (0.03)	2.35 (0.03)	2.80 (0.05)	3.09 (0.06)	0.9	<3
<b>All:</b>											
1+.....	3851	2.27 (0.02)	1.16 (0.02)	1.33 (0.02)	1.67 (0.02)	2.12 (0.02)	2.72 (0.03)	3.41 (0.04)	3.88 (0.06)		<3

NOTES: EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 20. Niacin (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	13.4 (0.3)	8.0* (0.3)	8.9 (0.3)	10.8 (0.3)	13.0 (0.3)	15.7 (0.4)	18.3 (0.5)	19.9* (0.6)	5	<3
4-8.....	307	18.7 (0.5)	11.7* (0.5)	13.0 (0.4)	15.4 (0.4)	18.4 (0.4)	21.6 (0.6)	24.9 (0.7)	26.9* (0.8)	6	<3
<b>Males:</b>											
9-13.....	159	25.7 (0.9)	15.1* (0.8)	17.0* (0.7)	20.6 (0.7)	25.0 (0.9)	30.1 (1.1)	35.3* (1.6)	38.8* (2.0)	9	<3
14-18.....	158	30.9 (1.0)	18.7* (0.8)	20.9* (0.8)	25.0 (0.8)	30.0 (0.9)	35.9 (1.4)	42.1* (2.0)	45.9* (2.4)	12	<3
19-50.....	743	34.1 (0.7)	19.3 (0.6)	21.9 (0.6)	26.8 (0.6)	33.0 (0.7)	40.4 (0.9)	47.7 (1.2)	52.5 (1.4)	12	<3
51+.....	672	30.3 (0.5)	16.5 (0.5)	18.9 (0.4)	23.4 (0.4)	29.2 (0.4)	36.1 (0.6)	42.9 (0.9)	47.6 (1.1)	12	<3
19+.....	1415	32.3 (0.6)	17.6 (0.5)	20.2 (0.5)	25.1 (0.5)	31.2 (0.6)	38.4 (0.8)	45.8 (1.1)	50.6 (1.3)	12	<3
<b>Females:</b>											
9-13.....	143	22.2 (0.8)	12.5* (0.6)	14.3* (0.6)	17.6 (0.5)	21.5 (0.7)	26.2 (1.1)	31.0* (1.6)	34.3* (2.1)	9	<3
14-18.....	155	21.3 (0.8)	11.9* (0.7)	13.7* (0.7)	16.7 (0.6)	20.7 (0.7)	25.2 (1.0)	30.0* (1.4)	33.0* (1.8)	11	3* (1.3)
19-50.....	705	23.5 (0.4)	14.1 (0.4)	15.8 (0.4)	19.0 (0.4)	23.0 (0.4)	27.4 (0.4)	32.0 (0.5)	35.0 (0.5)	11	<3
51+.....	618	21.2 (0.3)	12.3 (0.3)	13.9 (0.3)	16.8 (0.3)	20.6 (0.3)	24.9 (0.3)	29.3 (0.4)	32.0 (0.4)	11	<3
19+.....	1323	22.3 (0.3)	13.0 (0.3)	14.6 (0.3)	17.8 (0.3)	21.7 (0.3)	26.1 (0.3)	30.7 (0.4)	33.6 (0.4)	11	<3
<b>All:</b>											
1+.....	3851	26.5 (0.4)	13.2 (0.2)	15.3 (0.2)	19.3 (0.3)	24.9 (0.3)	32.0 (0.5)	39.9 (0.7)	45.1 (1.0)		<3

NOTES: EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 21. Vitamin B6 (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Over 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	191	1.24 (0.03)	0.79* (0.04)	0.87 (0.04)	1.02 (0.03)	1.21 (0.03)	1.43 (0.04)	1.65 (0.05)	1.78* (0.05)	0.4	<3	30	<3
4-8.....	307	1.51 (0.04)	0.98* (0.04)	1.07 (0.04)	1.26 (0.04)	1.48 (0.04)	1.73 (0.04)	1.98 (0.05)	2.14* (0.06)	0.5	<3	40	<3
<b>Males:</b>													
9-13.....	159	2.09 (0.09)	1.08* (0.07)	1.25* (0.07)	1.57 (0.07)	1.99 (0.08)	2.50 (0.11)	3.06* (0.16)	3.44* (0.20)	0.8	<3	60	<3
14-18.....	158	2.40 (0.10)	1.27* (0.08)	1.46* (0.08)	1.82 (0.08)	2.29 (0.09)	2.87 (0.14)	3.51* (0.20)	3.91* (0.25)	1.1	<3	80	<3
19-50.....	743	2.78 (0.08)	1.36 (0.05)	1.58 (0.05)	2.03 (0.06)	2.63 (0.07)	3.38 (0.10)	4.17 (0.14)	4.71 (0.17)	1.1	<3	100	<3
51+.....	672	2.54 (0.05)	1.22 (0.04)	1.43 (0.04)	1.84 (0.04)	2.40 (0.05)	3.09 (0.06)	3.83 (0.10)	4.35 (0.13)	1.4	9 (1.1)	100	<3
19+.....	1415	2.67 (0.06)	1.28 (0.04)	1.50 (0.04)	1.93 (0.04)	2.52 (0.05)	3.24 (0.08)	4.03 (0.12)	4.56 (0.15)		5 (0.7)	100	<3
<b>Females:</b>													
9-13.....	143	1.77 (0.07)	0.88* (0.06)	1.03* (0.06)	1.31 (0.06)	1.68 (0.06)	2.13 (0.09)	2.62* (0.14)	2.98* (0.19)	0.8	3* (1.3)	60	<3
14-18.....	155	1.69 (0.07)	0.83* (0.07)	0.97* (0.07)	1.24 (0.06)	1.60 (0.07)	2.04 (0.09)	2.53* (0.13)	2.84* (0.16)	1	11 (3.3)	80	<3
19-50.....	705	1.97 (0.04)	1.09 (0.03)	1.24 (0.03)	1.52 (0.04)	1.90 (0.04)	2.33 (0.05)	2.79 (0.06)	3.11 (0.07)	1.1	5 (1.0)	100	<3
51+.....	618	1.81 (0.03)	0.99 (0.03)	1.13 (0.03)	1.40 (0.03)	1.74 (0.03)	2.15 (0.04)	2.61 (0.05)	2.88 (0.06)	1.3	19 (1.8)	100	<3
19+.....	1323	1.89 (0.03)	1.03 (0.03)	1.17 (0.03)	1.45 (0.03)	1.81 (0.03)	2.24 (0.04)	2.70 (0.05)	3.00 (0.06)		12 (1.3)	100	<3
<b>All:</b>													
1+.....	3851	2.20 (0.03)	1.05 (0.02)	1.21 (0.02)	1.54 (0.02)	2.02 (0.03)	2.66 (0.04)	3.43 (0.07)	3.96 (0.10)		8 (0.8)		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 22. Folate (µg DFE): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						<EAR		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	372 (16)	208* (13)	234 (14)	287 (14)	356 (16)	440 (18)	529 (21)	585* (24)	120	<3
4-8.....	307	490 (14)	279* (14)	314 (14)	383 (14)	473 (15)	577 (16)	689 (19)	765* (22)	160	<3
<b>Males:</b>											
9-13.....	159	588 (22)	318* (22)	364* (21)	451 (19)	563 (22)	699 (29)	844* (44)	943* (56)	250	<3
14-18.....	158	614 (24)	334* (23)	381* (23)	471 (21)	587 (23)	729 (32)	886* (48)	983* (58)	330	5* (2.1)
19-50.....	743	640 (15)	313 (10)	365 (11)	469 (12)	606 (14)	777 (20)	957 (26)	1078 (32)	320	6 (0.8)
51+.....	672	608 (14)	294 (11)	345 (12)	443 (12)	576 (14)	737 (17)	910 (22)	1030 (26)	320	7 (1.1)
19+.....	1415	625 (13)	303 (10)	355 (10)	456 (11)	592 (13)	758 (17)	936 (23)	1056 (28)	320	6 (0.9)
<b>Females:</b>											
9-13.....	143	523 (18)	273* (17)	315* (16)	397 (15)	499 (16)	624 (25)	758* (42)	854* (56)	250	<3
14-18.....	155	468 (14)	239* (19)	279* (19)	350 (15)	447 (14)	560 (17)	687* (30)	768* (38)	330	21 (3.9)
19-50.....	705	494 (10)	259 (10)	298 (9)	373 (9)	473 (9)	590 (12)	715 (17)	803 (22)	320	14 (1.6)
51+.....	618	456 (10)	234 (9)	270 (9)	342 (9)	434 (10)	547 (13)	671 (18)	748 (23)	320	20 (2.2)
19+.....	1323	474 (9)	245 (9)	282 (9)	356 (8)	452 (8)	568 (11)	693 (16)	775 (20)	320	17 (1.7)
<b>All:</b>											
1+.....	3851	544 (7)	264 (7)	307 (6)	392 (6)	509 (6)	658 (9)	827 (15)	944 (20)	10	(0.9)

NOTES: DFE=dietary folate equivalents; EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 23. Folic acid (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	UL	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	144 (9)	60* (8)	72 (9)	98 (9)	134 (9)	180 (9)	228 (10)	260* (11)	300	<3
4-8.....	307	201 (8)	91* (9)	108 (9)	143 (9)	190 (9)	246 (8)	307 (9)	347* (11)	400	<3
<b>Males:</b>											
9-13.....	159	233 (11)	108* (9)	128* (9)	168 (9)	221 (11)	286 (14)	356* (20)	404* (25)	600	<3
14-18.....	158	239 (14)	111* (10)	132* (10)	172 (11)	225 (13)	292 (17)	367* (24)	414* (28)	800	<3
19-50.....	743	215 (7)	69 (5)	90 (5)	132 (6)	194 (7)	277 (10)	368 (14)	432 (17)	1000	<3
51+.....	672	199 (8)	62 (5)	81 (6)	121 (7)	179 (8)	255 (10)	342 (13)	404 (16)	1000	<3
19+.....	1415	208 (7)	66 (5)	85 (5)	126 (6)	187 (7)	266 (9)	356 (12)	419 (16)	1000	<3
<b>Females:</b>											
9-13.....	143	204 (9)	89* (8)	107* (8)	144 (8)	191 (9)	250 (12)	315* (18)	362* (24)	600	<3
14-18.....	155	179 (7)	75* (7)	92* (7)	123 (7)	168 (7)	221 (9)	282* (14)	321* (18)	800	<3
19-50.....	705	158 (4)	51 (3)	66 (3)	97 (4)	143 (4)	201 (6)	268 (9)	315 (12)	1000	<3
51+.....	618	138 (5)	42 (3)	55 (4)	83 (4)	124 (5)	178 (6)	241 (9)	284 (12)	1000	<3
19+.....	1323	148 (4)	46 (3)	60 (3)	89 (4)	132 (4)	189 (5)	254 (8)	299 (11)	1000	<3
<b>All:</b>											
1+.....	3851	182 (4)	56 (3)	73 (3)	110 (3)	164 (4)	234 (5)	315 (8)	373 (10)		<3

NOTES: UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table H 24. Food folate (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Over 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	191	125 (5)	73* (4)	81 (4)	99 (5)	121 (5)	147 (6)	174 (8)	191* (9)
4-8.....	307	149 (5)	88* (4)	99 (4)	119 (4)	145 (5)	175 (5)	206 (7)	226* (8)
<b>Males:</b>									
9-13.....	159	187 (5)	102* (5)	117* (5)	145 (5)	180 (5)	222 (7)	266* (10)	296* (12)
14-18.....	158	199 (5)	110* (6)	125* (5)	154 (5)	191 (5)	236 (7)	285* (10)	314* (12)
19-50.....	743	271 (4)	141 (4)	162 (4)	204 (4)	259 (4)	325 (5)	393 (6)	437 (8)
51+.....	672	265 (5)	137 (5)	159 (5)	200 (5)	254 (5)	319 (5)	385 (6)	430 (7)
19+.....	1415	268 (4)	139 (5)	160 (4)	203 (4)	257 (4)	322 (5)	389 (6)	434 (7)
<b>Females:</b>									
9-13.....	143	173 (5)	91* (5)	105* (4)	133 (4)	166 (5)	206 (7)	248* (10)	278* (13)
14-18.....	155	158 (5)	82* (6)	95* (5)	120 (5)	152 (5)	189 (5)	230* (8)	256* (9)
19-50.....	705	221 (4)	116 (3)	133 (4)	167 (4)	212 (4)	264 (5)	320 (7)	359 (9)
51+.....	618	217 (5)	113 (4)	130 (4)	163 (4)	207 (5)	260 (6)	318 (8)	353 (10)
19+.....	1323	219 (4)	114 (4)	131 (4)	165 (4)	209 (4)	262 (5)	319 (7)	356 (9)
<b>All:</b>									
1+.....	3851	230 (3)	109 (2)	128 (2)	165 (2)	218 (3)	281 (4)	349 (5)	393 (6)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 25. Choline (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	UL	% (SE)
<b>Over 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	191	206 (6)	135* (7)	147 (7)	171 (6)	201 (6)	236 (7)	271 (8)	291* (10)	200	51 (5.2)	1000	<3
4-8.....	307	225 (6)	147* (7)	160 (7)	187 (7)	220 (6)	258 (6)	296 (7)	320* (8)	250	29 (3.5)	1000	<3
<b>Males:</b>													
9-13.....	159	292 (10)	160* (9)	183* (9)	226 (9)	281 (10)	346 (12)	415* (17)	461* (21)	375	17 (3.2)	2000	<3
14-18.....	158	331 (11)	185* (11)	211* (11)	258 (10)	319 (11)	391 (13)	470* (18)	518* (21)	550	3* (1.1)	3000	<3
19-50.....	743	409 (7)	227 (8)	259 (7)	320 (7)	396 (7)	485 (9)	576 (13)	634 (15)	550	13 (1.7)	3500	<3
51+.....	672	406 (6)	222 (7)	255 (7)	316 (6)	392 (6)	482 (8)	572 (12)	631 (15)	550	13 (1.5)	3500	<3
19+.....	1415	408 (6)	225 (7)	257 (7)	318 (6)	394 (6)	484 (8)	574 (11)	632 (14)	550	13 (1.5)	3500	<3
<b>Females:</b>													
9-13.....	143	257 (9)	135* (8)	156* (8)	196 (9)	246 (9)	306 (11)	370* (16)	415* (20)	375	9* (2.5)	2000	<3
14-18.....	155	232 (10)	119* (9)	139* (10)	175 (9)	223 (10)	278 (11)	339* (13)	378* (16)	400	4* (1.1)	3000	<3
19-50.....	705	298 (5)	175 (4)	197 (4)	238 (4)	291 (5)	349 (6)	409 (8)	450 (9)	425	8 (1.1)	3500	<3
51+.....	618	295 (5)	172 (4)	193 (4)	235 (5)	286 (5)	346 (6)	408 (8)	445 (10)	425	7 (1.3)	3500	<3
19+.....	1323	296 (4)	173 (4)	195 (4)	237 (4)	288 (4)	347 (5)	409 (7)	448 (9)	425	8 (1.1)	3500	<3
<b>All:</b>													
1+.....	3851	336 (3)	172 (3)	197 (3)	247 (3)	318 (4)	406 (5)	502 (8)	565 (10)		12 (1.0)		<3

NOTES: AI=Adequate Intake; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 26. Vitamin B12 (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	3.80 (0.12)	2.10* (0.15)	2.39 (0.15)	2.96 (0.14)	3.69 (0.13)	4.52 (0.12)	5.37 (0.13)	5.90* (0.14)	0.7	<3
4-8.....	307	4.16 (0.12)	2.32* (0.16)	2.64 (0.15)	3.26 (0.14)	4.05 (0.13)	4.93 (0.12)	5.84 (0.13)	6.42* (0.15)	1	<3
<b>Males:</b>											
9-13.....	159	5.45 (0.27)	2.49* (0.19)	2.97* (0.21)	3.91 (0.22)	5.16 (0.27)	6.69 (0.34)	8.34* (0.46)	9.47* (0.55)	1.5	<3
14-18.....	158	6.37 (0.36)	3.02* (0.19)	3.57* (0.21)	4.63 (0.25)	6.02 (0.33)	7.75 (0.48)	9.67* (0.65)	10.85* (0.79)	2	<3
19-50.....	743	6.34 (0.19)	2.69 (0.17)	3.24 (0.17)	4.34 (0.18)	5.88 (0.19)	7.87 (0.24)	9.99 (0.33)	11.47 (0.42)	2	<3
51+.....	672	5.87 (0.15)	2.45 (0.15)	2.97 (0.15)	4.00 (0.14)	5.44 (0.15)	7.27 (0.18)	9.29 (0.28)	10.72 (0.36)	2	<3
19+.....	1415	6.12 (0.16)	2.56 (0.15)	3.10 (0.15)	4.17 (0.15)	5.67 (0.16)	7.58 (0.20)	9.70 (0.30)	11.15 (0.39)	2	<3
<b>Females:</b>											
9-13.....	143	4.55 (0.25)	1.93* (0.15)	2.34* (0.17)	3.19 (0.19)	4.27 (0.23)	5.63 (0.32)	7.10* (0.46)	8.17* (0.59)	1.5	<3
14-18.....	155	4.03 (0.22)	1.63* (0.14)	2.02* (0.15)	2.74 (0.17)	3.77 (0.21)	5.00 (0.27)	6.41* (0.39)	7.31* (0.48)	2	10* (2.4)
19-50.....	705	4.28 (0.12)	1.91 (0.11)	2.27 (0.11)	2.99 (0.12)	4.00 (0.12)	5.25 (0.14)	6.64 (0.19)	7.65 (0.24)	2	6 (1.4)
51+.....	618	4.20 (0.10)	1.86 (0.10)	2.20 (0.11)	2.93 (0.11)	3.91 (0.11)	5.16 (0.12)	6.61 (0.15)	7.53 (0.20)	2	7 (1.5)
19+.....	1323	4.24 (0.09)	1.88 (0.10)	2.24 (0.10)	2.96 (0.10)	3.96 (0.10)	5.20 (0.11)	6.63 (0.15)	7.58 (0.20)	2	6 (1.4)
<b>All:</b>											
1+.....	3851	5.12 (0.08)	2.11 (0.07)	2.54 (0.07)	3.40 (0.07)	4.64 (0.08)	6.32 (0.11)	8.33 (0.18)	9.75 (0.24)	4	(0.6)

NOTES: EAR=Estimated Average Requirement  
 It is advised that individuals over 50 meet their B12 requirement with fortified foods or supplements  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 27. Vitamin C (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Over 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	191	71.7 (4.7)	27.3* (3.1)	33.4 (3.4)	46.9 (4.0)	65.8 (4.7)	90.7 (5.7)	117.3 (6.9)	134.9* (7.6)	13	<3	400	<3
4-8.....	307	69.1 (3.8)	25.9* (2.7)	32.2 (2.9)	45.4 (3.3)	63.9 (3.7)	86.7 (4.6)	112.3 (5.9)	129.8* (6.7)	22	<3	650	<3
<b>Males:</b>													
9-13.....	159	91.0 (4.4)	32.6* (2.9)	40.9* (3.3)	58.0 (3.7)	82.6 (4.2)	115.0 (5.4)	152.2* (7.3)	178.9* (9.1)	39	9* (2.0)	1200	<3
14-18.....	158	79.2 (5.0)	27.2* (2.4)	34.3* (2.8)	49.3 (3.4)	70.8 (4.6)	100.2 (6.6)	135.6* (9.2)	158.7* (10.9)	63	41 (4.7)	1800	<3
19-50.....	743	88.9 (2.7)	23.5 (1.5)	31.3 (1.7)	49.0 (2.0)	76.4 (2.5)	115.5 (3.6)	161.6 (5.2)	195.2 (6.9)	75	49 (2.1)	2000	<3
51+.....	672	94.9 (3.4)	25.3 (1.9)	34.0 (2.2)	52.6 (2.7)	82.0 (3.3)	122.5 (4.4)	171.0 (6.1)	207.2 (7.7)	75	44 (2.6)	2000	<3
19+.....	1415	91.7 (2.5)	24.3 (1.5)	32.5 (1.8)	50.7 (2.0)	79.0 (2.3)	119.0 (3.3)	166.1 (4.9)	201.0 (6.7)	75	47 (1.9)	2000	<3
<b>Females:</b>													
9-13.....	143	78.6 (3.6)	26.2* (2.7)	33.4* (2.9)	49.0 (3.2)	70.6 (3.6)	99.7 (4.5)	133.5* (6.2)	159.1* (7.9)	39	15 (3.0)	1200	<3
14-18.....	155	71.0 (4.1)	22.7* (2.8)	29.5* (3.1)	43.1 (3.6)	63.7 (4.2)	90.3 (5.0)	122.8* (6.3)	144.7* (7.3)	56	41 (4.6)	1800	<3
19-50.....	705	83.1 (2.8)	26.5 (1.9)	33.9 (2.0)	50.1 (2.3)	74.3 (2.7)	106.1 (3.5)	142.8 (4.9)	169.9 (6.4)	60	35 (2.6)	2000	<3
51+.....	618	84.8 (2.2)	26.7 (1.8)	34.1 (1.9)	50.9 (2.0)	75.6 (2.2)	108.4 (2.8)	148.0 (4.5)	174.4 (5.8)	60	34 (2.1)	2000	<3
19+.....	1323	84.0 (2.3)	26.6 (1.8)	34.0 (1.9)	50.5 (2.0)	75.0 (2.3)	107.2 (2.9)	145.6 (4.4)	172.5 (5.8)	60	35 (2.2)	2000	<3
<b>All:</b>													
1+.....	3851	85.8 (1.8)	25.6 (1.0)	33.2 (1.1)	50.0 (1.3)	75.1 (1.7)	109.6 (2.3)	151.6 (3.3)	182.2 (4.2)	37	(1.5)		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 EAR used is for non-smokers regardless of smoking status  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 28. Vitamin C (mg) Adult Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL		
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)	
<b>Over 350% poverty</b>														
<b>Males:</b>														
19-50.....	113	65.2 (3.8)	--	--	--	--	--	--	--	--	110	--	2000	--
51+.....	49	68.9* (4.0)	--	--	--	--	--	--	--	--	110	--	2000	--
19+.....	162	66.3 (3.6)	16.5* (1.4)	22.5* (1.7)	35.4 (2.2)	56.5 (3.2)	87.0 (4.7)	121.9* (6.9)	148.9* (8.6)	110	86 (2.4)	2000	<3	
<b>Females:</b>														
19-50.....	66	55.7* (3.3)	--	--	--	--	--	--	--	95	--	2000	--	
51+.....	41	56.5* (2.6)	--	--	--	--	--	--	--	95	--	2000	--	
19+.....	107	56.0 (2.9)	16.3* (1.5)	21.5* (1.7)	32.4 (2.2)	49.3 (2.7)	72.4 (3.6)	99.0* (4.9)	119.6* (5.9)	95	89* (1.8)	2000	<3	

NOTES: Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.  
 EAR=Estimated Average Requirement for smokers; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 29. Vitamin C (mg) Adult Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Over 350% poverty</b>													
<b>Males:</b>													
19-50.....	630	92.6 (2.9)	25.6 (1.6)	34.2 (1.8)	52.3 (2.1)	80.7 (2.7)	119.3 (3.9)	166.8 (5.9)	201.5 (7.5)	75	45 (2.1)	2000	<3
51+.....	622	97.2 (3.6)	27.3 (2.0)	36.1 (2.3)	55.1 (2.7)	84.7 (3.4)	125.5 (4.4)	173.4 (6.4)	208.3 (8.3)	75	42 (2.6)	2000	<3
19+.....	1252	94.9 (2.7)	26.5 (1.7)	35.0 (1.9)	53.7 (2.1)	82.6 (2.6)	122.3 (3.6)	170.3 (5.4)	204.8 (7.2)	75	44 (2.0)	2000	<3
<b>Females:</b>													
19-50.....	639	85.8 (2.8)	29.3 (1.9)	37.0 (2.1)	53.4 (2.3)	77.2 (2.6)	109.2 (3.5)	145.8 (5.1)	171.2 (6.5)	60	32 (2.6)	2000	<3
51+.....	576	86.9 (2.2)	30.1 (1.9)	37.7 (2.0)	54.3 (2.1)	78.6 (2.1)	109.7 (2.7)	147.2 (4.2)	172.9 (5.7)	60	31 (2.2)	2000	<3
19+.....	1215	86.4 (2.2)	29.7 (1.9)	37.4 (1.9)	53.9 (2.0)	78.0 (2.1)	109.5 (2.8)	146.5 (4.4)	172.2 (5.6)	60	31 (2.2)	2000	<3

NOTES: Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.  
 EAR=Estimated Average Requirement for non-smokers; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 30. Vitamin C (mg) Adult Smokers/Non-Smokers: Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Over 350% poverty</b>													
<b>Males:</b>													
19-50.....	743	88.4 (2.8)	23.4 (1.5)	31.4 (1.7)	48.7 (1.9)	76.5 (2.5)	114.4 (3.7)	161.0 (5.6)	195.0 (7.1)	110/75	52 (1.9)	2000	<3
51+.....	671	95.0 (3.6)	25.8 (2.0)	34.4 (2.3)	53.4 (2.8)	82.6 (3.5)	122.7 (4.4)	170.5 (6.4)	205.6 (8.2)	110/75	45 (2.7)	2000	<3
19+.....	1414	91.5 (2.6)	24.4 (1.5)	32.8 (1.7)	50.8 (2.0)	79.2 (2.4)	118.5 (3.4)	165.9 (5.2)	200.2 (6.8)	110/75	49 (1.8)	2000	<3
<b>Females:</b>													
19-50.....	705	82.2 (2.8)	26.0 (1.9)	33.7 (2.1)	49.7 (2.3)	73.7 (2.7)	105.4 (3.5)	141.9 (4.9)	167.1 (6.2)	95/60	39 (2.7)	2000	<3
51+.....	617	84.6 (2.2)	28.0 (1.9)	35.8 (2.0)	52.1 (2.1)	76.5 (2.2)	107.6 (2.8)	144.8 (4.2)	170.6 (5.5)	95/60	35 (2.4)	2000	<3
19+.....	1322	83.5 (2.3)	27.0 (1.8)	34.7 (2.0)	50.9 (2.1)	75.2 (2.3)	106.6 (2.9)	143.3 (4.3)	168.6 (5.5)	95/60	37 (2.4)	2000	<3

NOTES: Smoking status determined by self-reported cigarette use. Individuals without smoking status data were excluded.  
 EAR=Estimated Average Requirement for smokers and non-smokers; UL=Tolerable Upper Intake Level

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 31. Vitamin D (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Over 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	191	6.4 (0.2)	2.6* (0.2)	3.2 (0.2)	4.5 (0.2)	6.1 (0.2)	8.1 (0.2)	10.1 (0.3)	11.3* (0.3)	10	89 (1.5)	63	<3
4-8.....	307	5.5 (0.2)	2.0* (0.2)	2.5 (0.2)	3.6 (0.2)	5.2 (0.2)	6.9 (0.2)	8.8 (0.3)	10.0* (0.3)	10	95* (0.9)	75	<3
<b>Males:</b>													
9-13.....	159	5.8 (0.4)	2.0* (0.2)	2.6* (0.3)	3.7 (0.3)	5.3 (0.4)	7.4 (0.4)	9.8* (0.5)	11.4* (0.6)	10	91* (2.0)	100	<3
14-18.....	158	5.7 (0.4)	1.9* (0.2)	2.5* (0.3)	3.6 (0.3)	5.1 (0.4)	7.2 (0.5)	9.6* (0.6)	11.1* (0.7)	10	92* (2.4)	100	<3
19-50.....	743	5.3 (0.2)	1.5 (0.1)	2.0 (0.1)	3.0 (0.2)	4.6 (0.2)	6.8 (0.3)	9.4 (0.4)	11.3 (0.5)	10	92 (1.2)	100	<3
51+.....	672	5.8 (0.2)	1.7 (0.1)	2.2 (0.2)	3.3 (0.2)	5.0 (0.2)	7.4 (0.3)	10.3 (0.4)	12.4 (0.4)	10	89 (1.2)	100	<3
19+.....	1415	5.5 (0.2)	1.6 (0.1)	2.1 (0.1)	3.2 (0.2)	4.8 (0.2)	7.1 (0.2)	9.8 (0.3)	11.9 (0.4)	10	91 (1.1)	100	<3
<b>Females:</b>													
9-13.....	143	5.0 (0.3)	1.6* (0.2)	2.1* (0.2)	3.1 (0.2)	4.5 (0.3)	6.4 (0.3)	8.5* (0.5)	10.1* (0.6)	10	95* (1.3)	100	<3
14-18.....	155	3.9 (0.2)	1.1* (0.1)	1.5* (0.2)	2.3 (0.2)	3.5 (0.2)	5.0 (0.3)	6.9* (0.4)	8.2* (0.5)	10	>97	100	<3
19-50.....	705	4.2 (0.2)	1.4 (0.1)	1.8 (0.1)	2.6 (0.2)	3.7 (0.2)	5.3 (0.2)	7.1 (0.3)	8.5 (0.3)	10	>97	100	<3
51+.....	618	4.5 (0.1)	1.5 (0.1)	1.9 (0.1)	2.8 (0.1)	4.0 (0.1)	5.7 (0.2)	7.7 (0.2)	9.1 (0.3)	10	97 (0.6)	100	<3
19+.....	1323	4.3 (0.1)	1.5 (0.1)	1.8 (0.1)	2.7 (0.1)	3.9 (0.2)	5.5 (0.2)	7.4 (0.2)	8.8 (0.3)	10	>97	100	<3
<b>All:</b>													
1+.....	3851	5.0 (0.1)	1.6 (0.1)	2.0 (0.1)	3.0 (0.1)	4.4 (0.1)	6.4 (0.1)	8.8 (0.2)	10.6 (0.2)	10	94 (0.6)		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table H 32. Vitamin E as alpha-tocopherol (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	5.3 (0.2)	2.9* (0.1)	3.3 (0.1)	4.1 (0.2)	5.1 (0.2)	6.3 (0.2)	7.5 (0.3)	8.3* (0.4)	5	47 (4.7)
4-8.....	307	6.8 (0.2)	3.9* (0.2)	4.4 (0.2)	5.3 (0.2)	6.6 (0.2)	8.0 (0.2)	9.5 (0.3)	10.5* (0.4)	6	38 (3.2)
<b>Males:</b>											
9-13.....	159	8.9 (0.4)	4.5* (0.3)	5.2* (0.3)	6.6 (0.3)	8.4 (0.4)	10.7 (0.6)	13.1* (0.9)	14.8* (1.1)	9	58 (5.8)
14-18.....	158	9.0 (0.4)	4.6* (0.3)	5.3* (0.3)	6.7 (0.3)	8.5 (0.4)	10.8 (0.6)	13.4* (0.9)	15.1* (1.1)	12	83 (4.3)
19-50.....	743	11.3 (0.2)	5.3 (0.2)	6.2 (0.2)	8.1 (0.2)	10.6 (0.2)	13.8 (0.3)	17.2 (0.4)	19.5 (0.5)	12	62 (2.2)
51+.....	672	10.9 (0.2)	5.0 (0.2)	6.0 (0.2)	7.8 (0.2)	10.2 (0.2)	13.3 (0.3)	16.6 (0.4)	18.9 (0.5)	12	66 (2.1)
19+.....	1415	11.1 (0.2)	5.2 (0.2)	6.1 (0.2)	7.9 (0.2)	10.4 (0.2)	13.5 (0.3)	16.9 (0.4)	19.2 (0.5)	12	64 (1.9)
<b>Females:</b>											
9-13.....	143	8.1 (0.3)	4.0* (0.3)	4.7* (0.2)	6.0 (0.2)	7.7 (0.3)	9.8 (0.5)	12.1* (0.7)	13.8* (1.0)	9	67 (4.0)
14-18.....	155	7.5 (0.4)	3.7* (0.3)	4.3* (0.3)	5.5 (0.3)	7.1 (0.3)	9.1 (0.4)	11.3* (0.7)	12.8* (0.8)	12	93* (2.5)
19-50.....	705	9.7 (0.3)	4.7 (0.2)	5.5 (0.2)	7.0 (0.2)	9.2 (0.2)	11.8 (0.3)	14.6 (0.5)	16.7 (0.6)	12	76 (2.5)
51+.....	618	9.3 (0.3)	4.4 (0.2)	5.1 (0.2)	6.7 (0.2)	8.7 (0.3)	11.3 (0.4)	14.2 (0.6)	16.0 (0.7)	12	80 (2.6)
19+.....	1323	9.5 (0.3)	4.5 (0.2)	5.3 (0.2)	6.8 (0.2)	8.9 (0.2)	11.5 (0.3)	14.4 (0.5)	16.3 (0.6)	12	78 (2.4)
<b>All:</b>											
1+.....	3851	9.8 (0.2)	4.4 (0.1)	5.2 (0.1)	6.8 (0.1)	9.1 (0.2)	12.0 (0.2)	15.3 (0.3)	17.5 (0.4)		69 (1.6)

NOTES: EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 33. Vitamin K (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	50.3 (3.1)	23.4* (2.3)	27.2 (2.4)	35.0 (2.5)	46.6 (3.0)	61.3 (3.8)	78.0 (5.3)	89.8* (6.7)	30	86 (4.3)
4-8.....	307	66.0 (2.5)	30.9* (2.7)	35.9 (2.7)	46.7 (2.6)	61.4 (2.5)	80.0 (3.1)	101.5 (4.7)	116.5* (6.0)	55	61 (4.5)
<b>Males:</b>											
9-13.....	159	88.2 (4.6)	38.3* (3.0)	45.5* (2.9)	60.2 (3.1)	80.9 (4.0)	108.3 (6.2)	140.2* (9.9)	163.6* (13.3)	60	75 (3.7)
14-18.....	158	82.8 (4.6)	35.7* (3.0)	42.4* (3.1)	56.1 (3.3)	75.3 (4.1)	101.4 (6.1)	133.2* (9.5)	154.2* (12.0)	75	50 (5.3)
19-50.....	743	130.8 (3.7)	56.0 (3.1)	66.4 (3.2)	88.4 (3.2)	119.8 (3.6)	161.3 (4.9)	208.9 (7.4)	242.8 (9.6)	120	50 (2.7)
51+.....	672	138.7 (4.6)	60.1 (4.1)	71.6 (4.2)	94.6 (4.5)	127.4 (4.8)	170.3 (5.5)	219.0 (7.3)	254.8 (9.4)	120	56 (3.6)
19+.....	1415	134.6 (3.6)	57.9 (3.4)	68.7 (3.4)	91.2 (3.5)	123.4 (3.6)	165.6 (4.5)	213.7 (6.6)	248.4 (8.7)	120	53 (2.7)
<b>Females:</b>											
9-13.....	143	82.3 (4.8)	34.8* (3.5)	41.6* (3.5)	55.9 (3.7)	75.2 (4.4)	101.1 (6.2)	131.4* (8.9)	154.7* (11.5)	60	70 (5.2)
14-18.....	155	77.0 (5.8)	32.1* (3.7)	38.8* (3.8)	51.6 (4.2)	70.5 (5.4)	94.6 (7.3)	124.2* (10.5)	144.3* (12.4)	75	44 (7.2)
19-50.....	705	144.4 (5.7)	53.1 (3.3)	64.6 (3.6)	89.7 (4.4)	127.7 (5.3)	179.6 (7.1)	243.0 (10.0)	293.5 (13.4)	90	75 (2.9)
51+.....	618	142.7 (5.6)	52.2 (3.3)	63.4 (3.5)	88.7 (4.1)	125.7 (5.1)	177.8 (6.9)	244.4 (10.9)	290.1 (13.7)	90	74 (2.7)
19+.....	1323	143.5 (5.3)	52.6 (3.2)	64.0 (3.4)	89.1 (4.0)	126.7 (4.9)	178.6 (6.6)	243.7 (10.0)	291.6 (12.9)	90	74 (2.6)
<b>All:</b>											
1+.....	3851	127.2 (3.3)	44.1 (1.3)	54.6 (1.6)	78.0 (2.3)	113.2 (3.1)	160.2 (4.3)	216.0 (6.5)	258.3 (8.9)	63	1.8

NOTES: AI=Adequate Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 34. Calcium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Over 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	191	985 (37)	599* (28)	666 (28)	798 (32)	960 (37)	1147 (43)	1334 (53)	1444* (58)	500	<3	2500	<3
4-8.....	307	1032 (43)	623* (31)	696 (33)	835 (37)	1008 (42)	1202 (49)	1398 (59)	1524* (64)	800	20 (4.3)	2500	<3
<b>Males:</b>													
9-13.....	159	1164 (46)	606* (38)	703* (41)	887 (42)	1120 (48)	1396 (51)	1682* (61)	1875* (67)	1100	48 (5.0)	3000	<3
14-18.....	158	1212 (45)	637* (36)	736* (38)	925 (40)	1162 (45)	1449 (53)	1758* (65)	1945* (70)	1100	43 (4.5)	3000	<3
19-50.....	743	1162 (24)	583 (21)	682 (22)	866 (23)	1111 (25)	1405 (27)	1707 (31)	1906 (36)	800	19 (1.9)	2500	<3
51+.....	672	1052 (25)	516 (21)	606 (23)	778 (24)	1003 (26)	1274 (29)	1555 (34)	1744 (36)		32 (2.6)	2000	<3
19+.....	1415	1110 (22)	547 (21)	641 (22)	822 (22)	1060 (23)	1343 (24)	1643 (28)	1838 (31)		25 (2.1)		<3
<b>Females:</b>													
9-13.....	143	1012 (36)	498* (31)	586* (32)	758 (36)	969 (36)	1222 (39)	1488* (47)	1675* (57)	1100	65 (3.8)	3000	<3
14-18.....	155	896 (34)	424* (27)	507* (30)	657 (31)	858 (35)	1089 (40)	1344* (48)	1503* (56)	1100	76 (3.3)	3000	<3
19-50.....	705	925 (20)	506 (17)	578 (17)	714 (18)	893 (20)	1098 (23)	1313 (29)	1462 (34)	800	37 (2.6)	2500	<3
51+.....	618	870 (19)	467 (14)	535 (15)	667 (16)	835 (18)	1036 (24)	1253 (31)	1385 (38)	1000	71 (2.4)	2000	<3
19+.....	1323	896 (17)	484 (14)	553 (15)	689 (15)	862 (17)	1066 (21)	1283 (28)	1423 (33)		55 (2.3)		<3
<b>All:</b>													
1+.....	3851	1014 (14)	515 (13)	597 (13)	754 (14)	963 (14)	1218 (15)	1497 (17)	1688 (20)		39 (1.7)		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 35. Phosphorus (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Over 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	191	1044 (34)	700* (29)	762 (30)	881 (31)	1025 (34)	1190 (39)	1349 (46)	1443* (51)	380	<3	3000	<3
4-8.....	307	1215 (37)	815* (33)	889 (33)	1030 (35)	1197 (37)	1380 (42)	1564 (50)	1682* (55)	405	<3	3000	<3
<b>Males:</b>													
9-13.....	159	1447 (48)	858* (52)	968* (52)	1168 (49)	1413 (51)	1692 (53)	1972* (65)	2156* (75)	1055	16 (3.7)	4000	<3
14-18.....	158	1602 (46)	971* (54)	1088* (53)	1302 (49)	1562 (47)	1862 (51)	2174* (63)	2359* (71)	1055	8* (2.6)	4000	<3
19-50.....	743	1723 (28)	1019 (32)	1149 (31)	1388 (29)	1684 (29)	2021 (31)	2344 (35)	2552 (40)	580	<3	4000	<3
51+.....	672	1592 (24)	913 (30)	1039 (28)	1270 (27)	1553 (25)	1875 (26)	2190 (32)	2396 (37)	580	<3		<3
19+.....	1415	1661 (25)	960 (30)	1092 (29)	1328 (27)	1622 (25)	1952 (26)	2280 (32)	2488 (35)	580	<3		<3
<b>Females:</b>													
9-13.....	143	1284 (37)	729* (43)	831* (42)	1023 (40)	1250 (37)	1510 (42)	1775* (56)	1957* (72)	1055	28 (4.0)	4000	<3
14-18.....	155	1166 (40)	643* (46)	743* (47)	914 (43)	1135 (42)	1379 (43)	1637* (51)	1795* (60)	1055	41 (4.7)	4000	<3
19-50.....	705	1300 (21)	818 (21)	909 (21)	1076 (20)	1280 (21)	1499 (23)	1716 (28)	1859 (32)	580	<3	4000	<3
51+.....	618	1222 (17)	752 (18)	840 (18)	1003 (17)	1199 (17)	1417 (20)	1639 (25)	1767 (29)	580	<3		<3
19+.....	1323	1260 (17)	779 (17)	870 (17)	1036 (16)	1237 (17)	1458 (19)	1678 (24)	1814 (28)	580	<3		<3
<b>All:</b>													
1+.....	3851	1436 (16)	819 (17)	922 (17)	1117 (16)	1374 (16)	1692 (17)	2038 (22)	2263 (27)		<3		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 36. Magnesium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	188 (5)	125* (4)	136 (4)	158 (5)	184 (5)	215 (6)	244 (8)	262* (9)	65	<3
4-8.....	307	221 (5)	148* (4)	161 (5)	187 (5)	217 (5)	252 (7)	286 (8)	308* (9)	110	<3
<b>Males:</b>											
9-13.....	159	275 (8)	164* (9)	184* (8)	221 (8)	267 (8)	321 (10)	375* (14)	412* (17)	200	16 (3.1)
14-18.....	158	298 (8)	180* (8)	202* (8)	241 (7)	289 (8)	346 (10)	407* (14)	444* (17)	340	73 (3.5)
19-50.....	743	367 (6)	199 (5)	227 (6)	283 (6)	354 (6)	438 (7)	523 (9)	579 (10)		46 (2.2)
51+.....	672	361 (8)	192 (6)	222 (6)	277 (7)	348 (8)	431 (9)	515 (11)	571 (13)	350	51 (2.7)
19+.....	1415	364 (6)	196 (6)	225 (6)	280 (6)	351 (6)	435 (7)	519 (9)	575 (11)		48 (2.2)
<b>Females:</b>											
9-13.....	143	249 (6)	145* (7)	164* (7)	199 (6)	242 (6)	292 (8)	344* (12)	380* (15)	200	25 (3.0)
14-18.....	155	233 (5)	133* (7)	152* (7)	184 (6)	227 (5)	274 (6)	325* (9)	357* (12)	300	84 (2.2)
19-50.....	705	301 (4)	178 (4)	199 (4)	241 (4)	293 (4)	352 (5)	413 (6)	455 (7)		35 (2.0)
51+.....	618	291 (5)	169 (5)	191 (5)	231 (5)	282 (5)	341 (6)	404 (7)	441 (8)	265	41 (2.5)
19+.....	1323	296 (4)	173 (4)	194 (4)	236 (4)	287 (4)	347 (4)	408 (6)	448 (7)		38 (1.9)
<b>All:</b>											
1+.....	3851	315 (3)	168 (2)	191 (2)	237 (2)	300 (3)	377 (4)	461 (6)	517 (8)		41 (1.5)

NOTES: EAR=Estimated Average Requirement  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table H 37. Iron (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Over 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	191	9.7 (0.3)	5.7* (0.3)	6.4 (0.3)	7.7 (0.3)	9.4 (0.3)	11.4 (0.3)	13.4 (0.4)	14.8* (0.4)	3	<3	40	<3
4-8.....	307	13.0 (0.2)	7.8* (0.3)	8.7 (0.3)	10.4 (0.3)	12.6 (0.3)	15.1 (0.3)	17.8 (0.3)	19.5* (0.4)	4.1	<3	40	<3
<b>Males:</b>													
9-13.....	159	16.3 (0.5)	9.2* (0.5)	10.5* (0.5)	12.8 (0.4)	15.8 (0.5)	19.3 (0.6)	23.0* (0.8)	25.5* (1.0)	5.9	<3	40	<3
14-18.....	158	17.3 (0.6)	9.8* (0.5)	11.1* (0.6)	13.6 (0.5)	16.6 (0.6)	20.3 (0.7)	24.4* (0.9)	26.9* (1.1)	7.7	<3	45	<3
19-50.....	743	17.2 (0.3)	9.2 (0.3)	10.6 (0.3)	13.2 (0.3)	16.6 (0.3)	20.6 (0.4)	24.7 (0.5)	27.5 (0.7)	6	<3	45	<3
51+.....	672	16.8 (0.3)	9.0 (0.4)	10.3 (0.4)	12.8 (0.4)	16.2 (0.4)	20.1 (0.4)	24.1 (0.4)	26.9 (0.5)	6	<3	45	<3
19+.....	1415	17.0 (0.3)	9.1 (0.3)	10.4 (0.3)	13.0 (0.3)	16.4 (0.3)	20.3 (0.3)	24.5 (0.4)	27.2 (0.5)	6	<3	45	<3
<b>Females:</b>													
9-13.....	143	14.3 (0.4)	7.8* (0.4)	8.9* (0.4)	11.1 (0.4)	13.8 (0.4)	17.0 (0.5)	20.4* (0.7)	22.8* (0.9)	5.7	<3	40	<3
14-18.....	155	12.6 (0.3)	6.7* (0.3)	7.8* (0.4)	9.6 (0.3)	12.1 (0.3)	15.0 (0.4)	18.2* (0.6)	20.2* (0.8)	7.9	17 (1.9)	45	<3
19-50.....	705	13.1 (0.2)	7.1 (0.3)	8.1 (0.2)	10.1 (0.2)	12.6 (0.2)	15.5 (0.3)	18.5 (0.3)	20.6 (0.4)	8.1	17 (1.2)	45	<3
51+.....	618	12.5 (0.2)	6.7 (0.2)	7.7 (0.2)	9.6 (0.2)	12.0 (0.2)	14.8 (0.3)	18.0 (0.3)	19.8 (0.4)	5	<3	45	<3
19+.....	1323	12.8 (0.2)	6.9 (0.2)	7.9 (0.2)	9.8 (0.2)	12.3 (0.2)	15.2 (0.2)	18.2 (0.3)	20.2 (0.3)	9	(0.8)	45	<3
<b>All:</b>													
1+.....	3851	14.8 (0.1)	7.5 (0.2)	8.7 (0.2)	10.9 (0.1)	14.0 (0.1)	17.8 (0.2)	21.9 (0.3)	24.7 (0.4)	5	(0.4)		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 EAR percentages determined by probability method for groups  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table H 38. Zinc (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Over 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	191	7.4 (0.2)	4.8* (0.2)	5.3 (0.2)	6.1 (0.2)	7.3 (0.2)	8.5 (0.2)	9.8 (0.2)	10.6* (0.3)	2.5	<3	7	56 (4.6)
4-8.....	307	9.0 (0.2)	5.8* (0.3)	6.4 (0.3)	7.5 (0.3)	8.8 (0.2)	10.3 (0.2)	11.9 (0.2)	12.9* (0.3)	4	<3	12	9 (1.6)
<b>Males:</b>													
9-13.....	159	11.9 (0.4)	6.6* (0.4)	7.5* (0.4)	9.2 (0.4)	11.5 (0.4)	14.2 (0.5)	17.0* (0.7)	18.9* (0.9)	7	7* (2.2)	23	<3
14-18.....	158	13.2 (0.5)	7.3* (0.4)	8.3* (0.4)	10.2 (0.4)	12.6 (0.5)	15.5 (0.6)	18.7* (0.9)	20.7* (1.1)	8.5	11* (2.7)	34	<3
19-50.....	743	14.0 (0.3)	7.9 (0.3)	9.0 (0.3)	11.0 (0.2)	13.5 (0.3)	16.6 (0.3)	19.6 (0.4)	21.5 (0.5)	9.4	13 (1.6)	40	<3
51+.....	672	13.3 (0.3)	7.4 (0.3)	8.4 (0.3)	10.4 (0.3)	12.9 (0.3)	15.8 (0.3)	18.7 (0.4)	20.6 (0.4)	9.4	17 (2.0)	40	<3
19+.....	1415	13.7 (0.2)	7.6 (0.3)	8.7 (0.3)	10.7 (0.2)	13.2 (0.2)	16.2 (0.3)	19.2 (0.4)	21.1 (0.5)	9.4	14 (1.7)	40	<3
<b>Females:</b>													
9-13.....	143	10.1 (0.3)	5.3* (0.4)	6.1* (0.4)	7.7 (0.4)	9.7 (0.3)	12.0 (0.4)	14.6* (0.6)	16.4* (0.9)	7	18 (3.4)	23	<3
14-18.....	155	9.1 (0.3)	4.7* (0.3)	5.5* (0.4)	6.9 (0.3)	8.7 (0.3)	10.9 (0.4)	13.3* (0.6)	14.8* (0.7)	7.3	31 (4.4)	34	<3
19-50.....	705	10.2 (0.2)	5.9 (0.2)	6.7 (0.2)	8.1 (0.2)	9.9 (0.2)	11.9 (0.2)	14.0 (0.3)	15.5 (0.4)	6.8	11 (1.3)	40	<3
51+.....	618	9.7 (0.2)	5.6 (0.2)	6.3 (0.2)	7.7 (0.1)	9.4 (0.2)	11.4 (0.2)	13.6 (0.3)	14.9 (0.3)	6.8	15 (1.6)	40	<3
19+.....	1323	9.9 (0.1)	5.7 (0.1)	6.5 (0.1)	7.9 (0.1)	9.6 (0.1)	11.7 (0.2)	13.8 (0.3)	15.2 (0.3)	6.8	13 (1.3)	40	<3
<b>All:</b>													
1+.....	3851	11.5 (0.1)	6.1 (0.1)	6.9 (0.1)	8.6 (0.1)	10.9 (0.1)	13.9 (0.2)	17.0 (0.3)	19.1 (0.3)		13 (1.1)		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table H 39. Copper (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Over 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	191	0.7 (0.02)	0.5* (0.02)	0.5 (0.02)	0.6 (0.02)	0.7 (0.02)	0.8 (0.03)	1.0 (0.03)	1.0* (0.04)	0.26	<3	1	7* (2.2)
4-8.....	307	0.9 (0.02)	0.6* (0.02)	0.6 (0.02)	0.7 (0.02)	0.9 (0.02)	1.0 (0.03)	1.2 (0.03)	1.3* (0.04)	0.34	<3	3	<3
<b>Males:</b>													
9-13.....	159	1.1 (0.03)	0.7* (0.03)	0.7* (0.03)	0.9 (0.03)	1.1 (0.03)	1.3 (0.04)	1.5* (0.05)	1.7* (0.06)	0.54	<3	5	<3
14-18.....	158	1.2 (0.04)	0.7* (0.03)	0.8* (0.03)	1.0 (0.03)	1.2 (0.04)	1.4 (0.04)	1.6* (0.06)	1.8* (0.06)	0.685	4* (1.5)	8	<3
19-50.....	743	1.5 (0.02)	0.8 (0.02)	0.9 (0.02)	1.1 (0.02)	1.4 (0.02)	1.8 (0.03)	2.1 (0.04)	2.4 (0.06)	0.7	<3	10	<3
51+.....	672	1.5 (0.03)	0.8 (0.02)	0.9 (0.02)	1.1 (0.02)	1.4 (0.03)	1.7 (0.04)	2.1 (0.05)	2.4 (0.06)	0.7	<3	10	<3
19+.....	1415	1.5 (0.02)	0.8 (0.02)	0.9 (0.02)	1.1 (0.02)	1.4 (0.02)	1.8 (0.03)	2.1 (0.04)	2.4 (0.05)	0.7	<3	10	<3
<b>Females:</b>													
9-13.....	143	1.0 (0.02)	0.6* (0.02)	0.7* (0.02)	0.8 (0.02)	1.0 (0.02)	1.2 (0.03)	1.4* (0.04)	1.6* (0.06)	0.54	<3	5	<3
14-18.....	155	1.0 (0.02)	0.6* (0.02)	0.6* (0.02)	0.8 (0.02)	0.9 (0.02)	1.1 (0.02)	1.3* (0.04)	1.5* (0.04)	0.685	16 (2.6)	8	<3
19-50.....	705	1.3 (0.02)	0.7 (0.01)	0.8 (0.02)	1.0 (0.02)	1.2 (0.02)	1.5 (0.03)	1.8 (0.04)	2.1 (0.05)	0.7	5 (0.7)	10	<3
51+.....	618	1.2 (0.02)	0.7 (0.02)	0.8 (0.02)	0.9 (0.02)	1.2 (0.02)	1.5 (0.02)	1.8 (0.04)	2.0 (0.04)	0.7	6 (0.9)	10	<3
19+.....	1323	1.2 (0.02)	0.7 (0.01)	0.8 (0.01)	0.9 (0.01)	1.2 (0.02)	1.5 (0.02)	1.8 (0.03)	2.0 (0.04)	0.7	6 (0.7)	10	<3
<b>All:</b>													
1+.....	3851	1.3 (0.01)	0.7 (0.01)	0.8 (0.01)	0.9 (0.01)	1.2 (0.01)	1.6 (0.02)	1.9 (0.03)	2.2 (0.04)		4 (0.3)		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table H 40. Selenium (µg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<EAR		>UL	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	EAR	% (SE)	UL	% (SE)
<b>Over 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	191	70 (2)	46* (2)	50 (2)	58 (2)	68 (2)	80 (3)	91 (4)	98* (4)	17	<3	90	11 (3.0)
4-8.....	307	89 (2)	59* (2)	64 (2)	75 (2)	87 (2)	101 (3)	115 (4)	124* (5)	23	<3	150	<3
<b>Males:</b>													
9-13.....	159	113 (3)	69* (4)	77* (4)	92 (3)	110 (3)	131 (4)	151* (5)	165* (6)	35	<3	280	<3
14-18.....	158	130 (4)	82* (4)	91* (4)	107 (4)	127 (4)	150 (4)	173* (5)	187* (6)	45	<3	400	<3
19-50.....	743	146 (3)	88 (3)	99 (3)	118 (3)	143 (3)	171 (4)	198 (5)	215 (6)	45	<3	400	<3
51+.....	672	134 (2)	78 (3)	88 (3)	107 (2)	131 (2)	157 (3)	183 (4)	200 (4)	45	<3	400	<3
19+.....	1415	140 (3)	82 (3)	93 (3)	113 (2)	137 (3)	164 (3)	192 (4)	209 (5)	45	<3	400	<3
<b>Females:</b>													
9-13.....	143	98 (2)	57* (3)	65* (3)	79 (3)	95 (2)	114 (3)	133* (4)	146* (6)	35	<3	280	<3
14-18.....	155	93 (3)	54* (3)	61* (3)	74 (3)	91 (3)	109 (3)	128* (4)	140* (5)	45	<3	400	<3
19-50.....	705	105 (2)	64 (2)	72 (2)	85 (2)	103 (2)	122 (2)	141 (3)	154 (3)	45	<3	400	<3
51+.....	618	97 (1)	58 (1)	65 (1)	79 (1)	95 (1)	114 (2)	133 (2)	145 (2)	45	<3	400	<3
19+.....	1323	101 (1)	60 (1)	68 (1)	82 (1)	99 (1)	118 (2)	137 (2)	149 (3)	45	<3	400	<3
<b>All:</b>													
1+.....	3851	117 (1)	63 (1)	72 (1)	89 (1)	112 (1)	140 (2)	170 (3)	189 (4)		<3		<3

NOTES: EAR=Estimated Average Requirement; UL=Tolerable Upper Intake Level  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 41. Sodium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI		>CDRR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)	CDRR	% (SE)
<b>Over 350% poverty</b>													
<b>Males and females:</b>													
1-3.....	191	1967 (55)	1224* (56)	1358 (55)	1607 (55)	1919 (56)	2286 (61)	2641 (72)	2859* (82)	800	>97	1200	96* (1.5)
4-8.....	307	2732 (62)	1769* (61)	1945 (61)	2277 (59)	2681 (60)	3127 (73)	3582 (90)	3868* (104)	1000	>97	1500	>97
<b>Males:</b>													
9-13.....	159	3542 (110)	2255* (104)	2496* (102)	2934 (101)	3468 (114)	4076 (123)	4689* (151)	5092* (171)	1200	>97	1800	>97
14-18.....	158	3975 (122)	2572* (125)	2833* (126)	3309 (124)	3884 (124)	4550 (130)	5246* (150)	5658* (162)	1500	>97	2300	>97
19-50.....	743	4413 (68)	2760 (54)	3071 (53)	3640 (56)	4328 (67)	5109 (88)	5854 (111)	6330 (126)	1500	>97	2300	>97
51+.....	672	4016 (56)	2430 (54)	2726 (51)	3269 (50)	3933 (55)	4674 (70)	5397 (93)	5863 (109)	1500	>97	2300	96 (0.6)
19+.....	1415	4225 (56)	2571 (50)	2887 (48)	3451 (47)	4143 (54)	4911 (73)	5669 (99)	6148 (115)	1500	>97	2300	>97
<b>Females:</b>													
9-13.....	143	3106 (86)	1912* (85)	2134* (81)	2548 (83)	3034 (83)	3592 (98)	4161* (128)	4552* (159)	1200	>97	1800	97* (1.1)
14-18.....	155	2956 (98)	1799* (93)	2022* (94)	2404 (91)	2891 (98)	3427 (110)	3995* (132)	4341* (148)	1500	>97	2300	79 (4.0)
19-50.....	705	3250 (48)	1982 (47)	2218 (46)	2648 (46)	3184 (48)	3775 (54)	4366 (67)	4768 (80)	1500	>97	2300	88 (1.4)
51+.....	618	2957 (40)	1754 (38)	1971 (37)	2381 (37)	2884 (40)	3458 (46)	4049 (59)	4398 (69)	1500	>97	2300	78 (1.5)
19+.....	1323	3098 (39)	1842 (37)	2071 (38)	2500 (37)	3025 (39)	3615 (45)	4212 (58)	4591 (69)	1500	>97	2300	83 (1.4)
<b>All:</b>													
1+.....	3851	3564 (35)	1922 (26)	2204 (28)	2738 (31)	3438 (34)	4263 (43)	5103 (66)	5627 (86)		>97		91 (0.6)

<sup>Δ</sup> Updated April 2020 to reflect the corrected % >AI for sodium and potassium and % >CDRR for sodium

NOTES: AI=Adequate Intake; CDRR=Chronic Disease Risk Reduction Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 42. Potassium (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							>AI	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AI	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	1857 (45)	1211* (44)	1326 (44)	1549 (44)	1822 (46)	2134 (50)	2433 (57)	2615* (64)	2000	35 (3.8)
4-8.....	307	2044 (42)	1332* (40)	1463 (40)	1710 (40)	2010 (42)	2339 (49)	2667 (60)	2877* (69)	2300	27 (3.2)
<b>Males:</b>											
9-13.....	159	2451 (75)	1501* (74)	1680* (75)	2003 (72)	2398 (78)	2846 (86)	3295* (108)	3590* (126)	2500	44 (5.0)
14-18.....	158	2631 (84)	1633* (91)	1819* (91)	2157 (88)	2568 (86)	3041 (92)	3535* (109)	3826* (121)	3000	27 (4.0)
19-50.....	743	3109 (45)	1809 (48)	2046 (48)	2497 (45)	3042 (46)	3654 (49)	4247 (57)	4626 (65)	3400	34 (1.9)
51+.....	672	3189 (41)	1864 (50)	2115 (47)	2571 (44)	3121 (42)	3740 (46)	4337 (53)	4721 (59)	3400	38 (1.8)
19+.....	1415	3146 (37)	1834 (46)	2078 (44)	2530 (40)	3080 (39)	3695 (41)	4290 (48)	4673 (56)	3400	36 (1.6)
<b>Females:</b>											
9-13.....	143	2170 (67)	1278* (73)	1444* (72)	1754 (71)	2118 (66)	2535 (74)	2958* (94)	3248* (120)	2300	38 (4.4)
14-18.....	155	2005 (69)	1155* (78)	1319* (79)	1599 (72)	1958 (71)	2352 (73)	2769* (83)	3022* (96)	2300	27 (3.9)
19-50.....	705	2501 (42)	1524 (35)	1705 (36)	2044 (38)	2456 (42)	2904 (48)	3346 (59)	3644 (68)	2600	41 (2.6)
51+.....	618	2537 (39)	1546 (38)	1731 (38)	2077 (38)	2487 (38)	2947 (43)	3414 (53)	3683 (61)	2600	43 (2.3)
19+.....	1323	2519 (36)	1536 (34)	1718 (34)	2061 (34)	2472 (37)	2928 (42)	3381 (52)	3667 (60)	2600	42 (2.2)
<b>All:</b>											
1+.....	3851	2727 (27)	1530 (27)	1732 (26)	2120 (26)	2629 (28)	3230 (32)	3855 (39)	4255 (45)		38 (1.5)

<sup>Δ</sup> Updated April 2020 to reflect the corrected % >AI for sodium and potassium and % >CDRR for sodium

NOTES: AI=Adequate Intake  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 43. Caffeine (mg): Mean and Percentiles of Usual Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles						
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)
<b>Over 350% poverty</b>									
<b>Males and females:</b>									
1-3.....	191	3.3 (0.4)	0.4* (0.1)	0.6 (0.1)	1.1 (0.2)	2.2 (0.3)	4.2 (0.5)	7.2 (1.0)	9.9* (1.5)
4-8.....	307	7.4 (0.8)	1.3* (0.2)	1.8 (0.2)	3.1 (0.3)	5.5 (0.6)	9.4 (1.0)	15.1 (1.9)	20.1* (2.8)
<b>Males:</b>									
9-13.....	159	23.6 (3.0)	2.4* (0.6)	3.6* (0.9)	7.2 (1.4)	14.5 (2.4)	28.6 (4.0)	52.3* (6.5)	75.0* (9.6)
14-18.....	158	50.4 (5.5)	5.7* (1.2)	8.4* (1.6)	16.1 (2.5)	32.0 (4.2)	61.1 (6.9)	111.9* (11.9)	154.6* (16.8)
19-50.....	743	184.6 (8.7)	18.9 (2.8)	33.9 (3.7)	73.6 (5.5)	143.6 (7.9)	251.6 (11.3)	388.9 (16.3)	485.9 (20.0)
51+.....	672	234.6 (8.2)	36.4 (3.5)	56.5 (4.3)	107.5 (5.6)	191.9 (7.5)	316.4 (11.3)	465.5 (16.8)	575.5 (20.7)
19+.....	1415	208.2 (7.8)	25.0 (3.0)	42.5 (3.8)	87.6 (5.2)	166.3 (7.1)	283.7 (10.2)	427.1 (14.9)	531.7 (19.0)
<b>Females:</b>									
9-13.....	143	20.5 (2.3)	2.0* (0.5)	3.0* (0.6)	6.0 (1.1)	12.3 (1.8)	24.8 (3.1)	44.9* (4.9)	63.9* (6.7)
14-18.....	155	43.4 (5.9)	4.5* (1.0)	7.0* (1.4)	13.3 (2.3)	27.3 (4.2)	52.1 (7.3)	94.7* (12.8)	137.4* (18.0)
19-50.....	705	145.1 (7.9)	14.3 (2.2)	25.3 (2.8)	55.8 (4.5)	112.2 (7.0)	197.8 (10.7)	305.9 (15.6)	389.5 (19.5)
51+.....	618	180.4 (9.2)	24.2 (2.7)	38.9 (3.6)	77.7 (5.4)	144.4 (8.1)	243.5 (12.2)	370.7 (18.7)	459.1 (22.1)
19+.....	1323	163.4 (8.0)	18.4 (2.3)	31.2 (2.9)	65.8 (4.4)	128.6 (6.9)	221.7 (10.7)	340.2 (15.9)	429.8 (20.3)
<b>All:</b>									
1+.....	3851	158.0 (4.7)	4.0 (0.4)	9.4 (1.0)	42.1 (2.5)	116.4 (4.3)	225.0 (6.8)	361.6 (10.1)	460.6 (12.9)

NOTES: \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 44. Protein (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	14.9 (0.3)	11.7* (0.4)	12.3 (0.4)	13.4 (0.3)	14.8 (0.3)	16.2 (0.3)	17.6 (0.3)	18.4* (0.3)	5-20%	>97
4-8.....	307	14.2 (0.2)	11.1* (0.3)	11.7 (0.3)	12.8 (0.3)	14.1 (0.2)	15.5 (0.3)	16.8 (0.3)	17.6* (0.4)	10-30%	>97
<b>Males:</b>											
9-13.....	159	15.0 (0.2)	10.9* (0.5)	11.7* (0.5)	13.1 (0.3)	14.8 (0.2)	16.7 (0.3)	18.5* (0.6)	19.7* (0.8)	10-30%	>97
14-18.....	158	16.0 (0.2)	11.7* (0.6)	12.6* (0.5)	14.1 (0.4)	15.8 (0.2)	17.8 (0.3)	19.8* (0.6)	21.0* (0.8)	10-30%	>97
19-50.....	743	16.7 (0.3)	12.0 (0.2)	12.9 (0.2)	14.6 (0.3)	16.6 (0.3)	18.7 (0.4)	20.7 (0.4)	22.0 (0.5)	10-35%	>97
51+.....	672	16.7 (0.3)	12.0 (0.2)	12.9 (0.2)	14.5 (0.2)	16.5 (0.3)	18.6 (0.3)	20.6 (0.4)	21.9 (0.5)	10-35%	>97
19+.....	1415	16.7 (0.3)	12.0 (0.2)	12.9 (0.2)	14.6 (0.2)	16.5 (0.3)	18.7 (0.3)	20.7 (0.4)	22.0 (0.5)	10-35%	>97
<b>Females:</b>											
9-13.....	143	14.7 (0.3)	10.5* (0.5)	11.3* (0.5)	12.8 (0.4)	14.5 (0.3)	16.3 (0.4)	18.2* (0.6)	19.4* (0.8)	10-30%	>97
14-18.....	155	14.7 (0.3)	10.6* (0.7)	11.4* (0.6)	12.8 (0.5)	14.6 (0.3)	16.4 (0.3)	18.3* (0.4)	19.4* (0.5)	10-30%	>97
19-50.....	705	16.2 (0.2)	11.8 (0.2)	12.6 (0.2)	14.1 (0.2)	16.0 (0.2)	18.0 (0.3)	19.9 (0.3)	21.3 (0.4)	10-35%	>97
51+.....	618	16.3 (0.2)	11.8 (0.2)	12.7 (0.2)	14.2 (0.2)	16.1 (0.2)	18.1 (0.3)	20.2 (0.4)	21.4 (0.4)	10-35%	>97
19+.....	1323	16.2 (0.2)	11.8 (0.2)	12.6 (0.2)	14.2 (0.2)	16.0 (0.2)	18.0 (0.3)	20.1 (0.3)	21.3 (0.4)	10-35%	>97
<b>All:</b>											
1+.....	3851	16.2 (0.2)	11.7 (0.2)	12.5 (0.1)	14.1 (0.1)	16.0 (0.2)	18.1 (0.2)	20.1 (0.3)	21.4 (0.3)		>97

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 45. Carbohydrate (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	53.1 (0.5)	45.9* (0.6)	47.4 (0.6)	50.1 (0.5)	53.1 (0.5)	56.1 (0.7)	58.7 (0.8)	60.1* (0.9)	45-65%	96* (1.2)
4-8.....	307	53.9 (0.5)	46.7* (0.7)	48.3 (0.6)	51.0 (0.5)	53.9 (0.5)	56.8 (0.6)	59.4 (0.7)	60.9* (0.8)	45-65%	>97
<b>Males:</b>											
9-13.....	159	53.2 (0.5)	46.0* (0.5)	47.6* (0.5)	50.3 (0.5)	53.2 (0.6)	56.2 (0.6)	58.9* (0.7)	60.5* (0.8)	45-65%	97* (0.9)
14-18.....	158	51.4 (0.5)	44.2* (0.6)	45.8* (0.6)	48.5 (0.5)	51.3 (0.5)	54.3 (0.6)	57.2* (0.6)	58.7* (0.7)	45-65%	93* (1.9)
19-50.....	743	45.5 (0.4)	34.0 (0.8)	36.5 (0.7)	40.8 (0.5)	45.4 (0.4)	50.2 (0.4)	54.3 (0.5)	56.8 (0.6)	45-65%	52 (2.5)
51+.....	672	44.9 (0.5)	33.4 (0.8)	36.0 (0.7)	40.2 (0.6)	44.9 (0.5)	49.6 (0.5)	53.8 (0.6)	56.3 (0.7)	45-65%	49 (2.7)
19+.....	1415	45.2 (0.4)	33.7 (0.8)	36.3 (0.7)	40.5 (0.5)	45.2 (0.4)	49.9 (0.4)	54.1 (0.5)	56.6 (0.6)	45-65%	51 (2.4)
<b>Females:</b>											
9-13.....	143	53.0 (0.4)	45.6* (0.6)	47.3* (0.5)	50.1 (0.4)	53.0 (0.4)	56.0 (0.4)	58.7* (0.5)	60.4* (0.5)	45-65%	96* (1.2)
14-18.....	155	52.7 (0.6)	45.3* (0.6)	47.0* (0.6)	49.7 (0.6)	52.7 (0.6)	55.7 (0.7)	58.5* (0.7)	60.1* (0.7)	45-65%	95* (1.3)
19-50.....	705	46.9 (0.4)	36.1 (0.5)	38.5 (0.5)	42.5 (0.5)	46.9 (0.4)	51.2 (0.4)	55.2 (0.5)	57.6 (0.5)	45-65%	61 (2.6)
51+.....	618	46.1 (0.7)	35.2 (0.8)	37.6 (0.7)	41.6 (0.7)	46.0 (0.7)	50.5 (0.7)	54.6 (0.6)	56.9 (0.6)	45-65%	56 (4.0)
19+.....	1323	46.4 (0.5)	35.6 (0.7)	38.0 (0.6)	42.1 (0.6)	46.4 (0.5)	50.8 (0.5)	54.9 (0.5)	57.3 (0.6)	45-65%	59 (3.2)
<b>All:</b>											
1+.....	3851	47.1 (0.3)	35.3 (0.6)	37.8 (0.5)	42.3 (0.4)	47.3 (0.3)	52.1 (0.3)	55.9 (0.3)	58.2 (0.3)	45-65%	62 (1.9)

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 46. Fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	33.5 (0.5)	27.6* (0.7)	28.9 (0.6)	31.0 (0.5)	33.5 (0.5)	35.8 (0.5)	38.0 (0.6)	39.2* (0.7)	30-40%	81 (4.2)
4-8.....	307	33.4 (0.4)	27.6* (0.7)	28.9 (0.6)	31.1 (0.5)	33.5 (0.4)	35.8 (0.5)	37.9 (0.6)	39.1* (0.6)	25-35%	66 (4.6)
<b>Males:</b>											
9-13.....	159	33.5 (0.5)	27.8* (0.8)	29.1* (0.7)	31.3 (0.6)	33.6 (0.5)	35.9 (0.6)	37.9* (0.7)	39.2* (0.8)	25-35%	66 (5.8)
14-18.....	158	33.6 (0.4)	27.8* (0.7)	29.2* (0.6)	31.3 (0.5)	33.6 (0.4)	35.9 (0.5)	38.1* (0.7)	39.2* (0.8)	25-35%	65 (5.0)
19-50.....	743	34.7 (0.3)	27.1 (0.5)	28.8 (0.5)	31.6 (0.3)	34.7 (0.3)	37.8 (0.4)	40.5 (0.6)	42.1 (0.6)	20-35%	53 (3.0)
51+.....	672	35.8 (0.3)	28.2 (0.6)	30.0 (0.5)	32.7 (0.3)	35.8 (0.3)	38.9 (0.4)	41.6 (0.5)	43.3 (0.6)	20-35%	43 (2.4)
19+.....	1415	35.2 (0.3)	27.6 (0.5)	29.3 (0.4)	32.1 (0.3)	35.2 (0.3)	38.3 (0.4)	41.1 (0.5)	42.7 (0.6)	20-35%	48 (2.4)
<b>Females:</b>											
9-13.....	143	33.9 (0.4)	28.1* (0.7)	29.4* (0.6)	31.7 (0.4)	34.0 (0.4)	36.3 (0.5)	38.4* (0.7)	39.7* (0.8)	25-35%	62 (5.0)
14-18.....	155	33.8 (0.6)	27.9* (1.0)	29.3* (0.8)	31.5 (0.7)	33.9 (0.6)	36.2 (0.6)	38.3* (0.6)	39.5* (0.7)	25-35%	62 (5.9)
19-50.....	705	35.1 (0.3)	27.1 (0.4)	28.8 (0.4)	31.8 (0.3)	35.1 (0.3)	38.3 (0.4)	41.3 (0.5)	43.1 (0.5)	20-35%	49 (2.8)
51+.....	618	36.2 (0.4)	28.1 (0.5)	29.9 (0.4)	32.9 (0.4)	36.1 (0.4)	39.4 (0.5)	42.5 (0.6)	44.2 (0.6)	20-35%	41 (3.5)
19+.....	1323	35.6 (0.4)	27.6 (0.4)	29.3 (0.4)	32.3 (0.3)	35.6 (0.4)	38.9 (0.4)	42.0 (0.5)	43.8 (0.6)	20-35%	45 (3.0)
<b>All:</b>											
1+.....	3851	35.1 (0.2)	27.6 (0.3)	29.3 (0.3)	32.0 (0.2)	35.0 (0.2)	38.1 (0.3)	41.0 (0.4)	42.8 (0.5)		50 (1.9)

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>

**Table H 47. Saturated fat (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							<10%† % (SE)
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	
<b>Over 350% poverty</b>										
<b>Males and females:</b>										
1-3.....	191	12.6 (0.2)	9.3* (0.4)	10.0 (0.3)	11.2 (0.3)	12.5 (0.2)	13.9 (0.3)	15.3 (0.3)	16.1* (0.3)	10 (3.0)
4-8.....	307	12.0 (0.2)	8.8* (0.3)	9.4 (0.2)	10.6 (0.2)	11.9 (0.2)	13.3 (0.3)	14.5 (0.3)	15.3* (0.4)	17 (3.0)
<b>Males:</b>										
9-13.....	159	12.0 (0.2)	9.3* (0.3)	9.9* (0.3)	10.9 (0.3)	12.0 (0.2)	13.2 (0.3)	14.2* (0.3)	14.9* (0.4)	11* (3.3)
14-18.....	158	11.8 (0.2)	9.1* (0.3)	9.6* (0.3)	10.6 (0.2)	11.7 (0.2)	12.9 (0.2)	14.0* (0.3)	14.6* (0.3)	15 (3.7)
19-50.....	743	11.2 (0.1)	8.3 (0.2)	8.9 (0.1)	9.9 (0.1)	11.1 (0.1)	12.4 (0.1)	13.5 (0.2)	14.2 (0.2)	26 (2.1)
51+.....	672	11.5 (0.1)	8.5 (0.2)	9.2 (0.2)	10.2 (0.1)	11.5 (0.1)	12.7 (0.2)	13.8 (0.2)	14.6 (0.2)	21 (2.2)
19+.....	1415	11.3 (0.1)	8.4 (0.1)	9.0 (0.1)	10.1 (0.1)	11.3 (0.1)	12.5 (0.1)	13.7 (0.2)	14.4 (0.2)	24 (1.8)
<b>Females:</b>										
9-13.....	143	11.9 (0.2)	9.1* (0.3)	9.7* (0.3)	10.7 (0.2)	11.8 (0.2)	13.0 (0.2)	14.1* (0.3)	14.7* (0.3)	14 (3.2)
14-18.....	155	11.4 (0.3)	8.7* (0.4)	9.3* (0.4)	10.3 (0.3)	11.4 (0.3)	12.5 (0.2)	13.6* (0.3)	14.3* (0.3)	21 (5.7)
19-50.....	705	11.1 (0.1)	7.8 (0.2)	8.5 (0.2)	9.7 (0.2)	11.0 (0.1)	12.4 (0.1)	13.7 (0.2)	14.6 (0.2)	31 (2.7)
51+.....	618	11.5 (0.1)	8.1 (0.2)	8.8 (0.2)	10.0 (0.1)	11.4 (0.1)	12.8 (0.1)	14.2 (0.2)	15.0 (0.2)	25 (2.2)
19+.....	1323	11.3 (0.1)	8.0 (0.2)	8.6 (0.2)	9.8 (0.1)	11.2 (0.1)	12.6 (0.1)	14.0 (0.2)	14.9 (0.2)	28 (2.2)
<b>All:</b>										
1+.....	3851	11.4 (0.1)	8.3 (0.1)	8.9 (0.1)	10.1 (0.1)	11.4 (0.1)	12.7 (0.1)	13.9 (0.1)	14.7 (0.1)	24 (1.4)

NOTES: † 2015-2020 Dietary Guidelines for Americans recommendation to consume less than 10 percent of calories per day from saturated fat (<http://health.gov/dietaryguidelines/2015/guidelines>)  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

CITATION: USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>



**Table H 48. Linoleic acid 18:2 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	5.9 (0.1)	4.3* (0.2)	4.6 (0.2)	5.1 (0.1)	5.8 (0.1)	6.6 (0.2)	7.3 (0.2)	7.7* (0.2)	05-10%	80 (4.6)
4-8.....	307	6.5 (0.1)	4.8* (0.2)	5.1 (0.2)	5.7 (0.1)	6.4 (0.1)	7.2 (0.2)	7.9 (0.2)	8.4* (0.2)	05-10%	92 (2.5)
<b>Males:</b>											
9-13.....	159	6.5 (0.2)	4.6* (0.2)	4.9* (0.2)	5.6 (0.2)	6.4 (0.2)	7.3 (0.2)	8.2* (0.3)	8.7* (0.4)	05-10%	88 (3.2)
14-18.....	158	6.5 (0.2)	4.5* (0.2)	4.9* (0.2)	5.6 (0.2)	6.4 (0.2)	7.3 (0.2)	8.2* (0.3)	8.7* (0.4)	05-10%	88 (3.0)
19-50.....	743	7.1 (0.1)	5.1 (0.1)	5.5 (0.1)	6.2 (0.1)	7.0 (0.1)	8.0 (0.1)	8.8 (0.2)	9.4 (0.2)	05-10%	94 (1.7)
51+.....	672	7.4 (0.1)	5.3 (0.1)	5.7 (0.1)	6.5 (0.1)	7.3 (0.1)	8.2 (0.1)	9.1 (0.2)	9.7 (0.2)	05-10%	94 (1.6)
19+.....	1415	7.2 (0.1)	5.2 (0.1)	5.6 (0.1)	6.3 (0.1)	7.2 (0.1)	8.1 (0.1)	9.0 (0.2)	9.5 (0.2)	05-10%	94 (1.6)
<b>Females:</b>											
9-13.....	143	6.9 (0.2)	4.9* (0.2)	5.3* (0.2)	6.0 (0.2)	6.9 (0.2)	7.8 (0.3)	8.7* (0.4)	9.3* (0.4)	05-10%	92* (2.8)
14-18.....	155	7.0 (0.2)	4.9* (0.3)	5.4* (0.3)	6.1 (0.2)	7.0 (0.2)	7.9 (0.3)	8.8* (0.4)	9.3* (0.4)	05-10%	92* (3.1)
19-50.....	705	7.6 (0.1)	5.3 (0.1)	5.7 (0.1)	6.5 (0.1)	7.5 (0.1)	8.5 (0.2)	9.6 (0.2)	10.2 (0.2)	05-10%	90 (1.6)
51+.....	618	7.7 (0.1)	5.3 (0.1)	5.8 (0.1)	6.6 (0.1)	7.6 (0.1)	8.7 (0.2)	9.8 (0.2)	10.4 (0.2)	05-10%	89 (2.0)
19+.....	1323	7.6 (0.1)	5.3 (0.1)	5.7 (0.1)	6.6 (0.1)	7.5 (0.1)	8.6 (0.2)	9.7 (0.2)	10.3 (0.2)	05-10%	90 (1.8)
<b>All:</b>											
1+.....	3851	7.3 (0.1)	5.1 (0.1)	5.5 (0.1)	6.3 (0.1)	7.2 (0.1)	8.2 (0.1)	9.2 (0.1)	9.8 (0.2)	05-10%	91 (1.1)

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**Table H 49. Linolenic acid 18:3 (as % of energy): Mean and Percentiles of Usual Contribution to Energy from Food and Beverages, among Individuals Over 350% of Poverty Level, in the United States, 2013-2016**

	N	Mean (SE)	Percentiles							Within AMDR	
			5th (SE)	10th (SE)	25th (SE)	50th (SE)	75th (SE)	90th (SE)	95th (SE)	AMDR	% (SE)
<b>Over 350% poverty</b>											
<b>Males and females:</b>											
1-3.....	191	0.63 (0.02)	0.45* (0.02)	0.48 (0.02)	0.54 (0.02)	0.62 (0.02)	0.71 (0.02)	0.79 (0.02)	0.84* (0.02)	0.6-1.2%	57 (5.7)
4-8.....	307	0.62 (0.01)	0.44* (0.02)	0.47 (0.02)	0.54 (0.01)	0.61 (0.01)	0.70 (0.02)	0.78 (0.02)	0.83* (0.02)	0.6-1.2%	55 (4.7)
<b>Males:</b>											
9-13.....	159	0.62 (0.02)	0.45* (0.03)	0.48* (0.03)	0.54 (0.02)	0.62 (0.02)	0.70 (0.03)	0.78* (0.05)	0.83* (0.06)	0.6-1.2%	55 (6.6)
14-18.....	158	0.62 (0.02)	0.44* (0.03)	0.48* (0.03)	0.54 (0.02)	0.61 (0.02)	0.69 (0.03)	0.78* (0.05)	0.83* (0.06)	0.6-1.2%	54 (7.4)
19-50.....	743	0.73 (0.02)	0.50 (0.02)	0.54 (0.02)	0.62 (0.01)	0.72 (0.01)	0.83 (0.02)	0.93 (0.04)	1.00 (0.05)	0.6-1.2%	79 (2.9)
51+.....	672	0.78 (0.02)	0.54 (0.02)	0.58 (0.02)	0.67 (0.01)	0.77 (0.01)	0.88 (0.02)	1.00 (0.04)	1.07 (0.05)	0.6-1.2%	86 (3.2)
19+.....	1415	0.75 (0.01)	0.51 (0.02)	0.56 (0.02)	0.64 (0.01)	0.74 (0.01)	0.86 (0.02)	0.97 (0.04)	1.04 (0.05)	0.6-1.2%	83 (2.8)
<b>Females:</b>											
9-13.....	143	0.68 (0.03)	0.48* (0.03)	0.52* (0.03)	0.59 (0.02)	0.67 (0.02)	0.75 (0.04)	0.84* (0.06)	0.90* (0.07)	0.6-1.2%	71 (6.4)
14-18.....	155	0.67 (0.03)	0.48* (0.04)	0.51* (0.03)	0.58 (0.03)	0.66 (0.03)	0.75 (0.04)	0.84* (0.05)	0.89* (0.07)	0.6-1.2%	69 (7.6)
19-50.....	705	0.81 (0.02)	0.54 (0.02)	0.59 (0.02)	0.68 (0.02)	0.79 (0.02)	0.92 (0.02)	1.05 (0.03)	1.14 (0.04)	0.6-1.2%	86 (3.6)
51+.....	618	0.86 (0.02)	0.58 (0.03)	0.63 (0.02)	0.72 (0.02)	0.84 (0.02)	0.97 (0.02)	1.12 (0.03)	1.20 (0.04)	0.6-1.2%	88 (3.5)
19+.....	1323	0.84 (0.02)	0.56 (0.02)	0.61 (0.02)	0.70 (0.02)	0.82 (0.02)	0.95 (0.02)	1.09 (0.03)	1.18 (0.04)	0.6-1.2%	87 (3.5)
<b>All:</b>											
1+.....	3851	0.77 (0.01)	0.51 (0.01)	0.55 (0.01)	0.64 (0.01)	0.75 (0.01)	0.87 (0.02)	1.01 (0.02)	1.09 (0.03)	0.6-1.2%	80 (2.0)

NOTES: AMDR=Acceptable Macronutrient Distribution Range  
 \* Estimate may be less reliable due to small sample size and/or large relative standard error

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**TABLE NOTES**

The statistics in this table were estimated from day 1 and day 2 dietary recall interviews conducted in What We Eat in America (WWEIA), National Health and Nutrition Examination Survey (NHANES) 2013-2016. Trained interviewers, using the USDA 5-step Automated Multiple-Pass Method, conducted the 24-hour dietary recalls. The day 1 recalls were conducted in-person; the day 2 recalls were conducted by telephone 3-10 days after the day 1 recall. Food intakes were coded and nutrient values determined using the USDA Food and Nutrient Database for Dietary Studies 2013-2014 and 2015-2016.

The table includes data from individuals 1 year and over, excluding breast-fed children and pregnant or lactating females. Breast-fed children are excluded because human milk is not quantified in dietary recall interviews. The sample of pregnant and lactating females is not large enough to allow for reliable estimates.

Sample weights designed for dietary analysis were used to allow estimates representative of the U.S. population for the years of collection.

The assessments presented in this table cover nutrient intakes from food and beverages (including water) and therefore, are not total nutrient intakes. They do not contain intakes from dietary supplements or medications.

The Department of Health and Human Services' poverty guidelines <http://aspe.hhs.gov/poverty> were used as the poverty measure to calculate the ratio of family income to poverty expressed as a percentage.

**Usual Nutrient Intakes**

Usual intakes (expressed on a per day basis) are an estimate of the usual or habitual intake over the long term, as opposed to what was reported on the days surveyed. The National Cancer Institute (NCI) Method <https://epi.grants.cancer.gov/diet/usualintakes/method.html> was used to produce group usual intake distributions. Information on this distribution is presented as mean and percentiles of usual nutrient intake with standard errors for a specific gender/age/lifestyle group.

When applicable, the estimated usual nutrient intakes are compared to age/gender specific Dietary Reference Intakes (DRIs) <http://nationalacademies.org/HMD/Activities/Nutrition/SummaryDRIs/DRI-Tables.aspx>. The DRIs, nutrient reference values developed by the Institute of Medicine of the National Academies, are used to assess and plan the diets of healthy people. Estimates of percentages less than, within range of, or greater than the DRI, plus the standard error are presented for each age/gender/lifestyle group.

The estimated distributions of usual contributions to energy are derived using the same univariate usual intake methodology employed for individual nutrients. These distributions represent the long-term daily relationship of the specific nutrient with total energy intake. When applicable, these distributions are compared to age-specific Acceptable Macronutrient Distribution Ranges (AMDRs). Individuals with nonzero energy intake for at least one day of intake were excluded.

**DRI Definitions**

**Estimated Average Requirement (EAR):** The average daily nutrient intake level that is estimated to meet the requirements of half of the healthy individuals in a particular life stage and gender group. The EAR is used to estimate the prevalence of inadequate intakes in a population group.

**Adequate Intake (AI):** The recommended average daily intake level based on observed or experimentally determined approximations or estimates of nutrient intake by a group (or groups) of apparently healthy people that are assumed to be adequate.

**Tolerable Upper Intake Level (UL):** The highest average daily nutrient intake level that is likely to pose no risk of adverse health effects to almost all individuals in the general population. As intake increases above the UL, the potential risk of adverse effects may increase. For most nutrients, the UL is based on contribution from food/beverages and dietary supplements; however, the UL estimates in this table are based on intakes from food and beverages only.

**Chronic Disease Risk Reduction Intake (CDRR):** Reductions in intake that exceed the CDRR are expected to reduce chronic disease risk within the apparently healthy population. Established for sodium using evidence of the beneficial effect of reducing sodium intake on cardiovascular disease risk, hypertension risk, systolic blood pressure, and diastolic blood pressure.

**Acceptable Macronutrient Distribution Range (AMDR):** A range of intakes for a particular energy source that is associated with reduced risk of chronic disease while providing adequate amounts of essential nutrients. An AMDR is expressed as a percentage of total energy intake.

**Symbol Legend**

\* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimates are as follows:

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this report is 2.21.

**Percentiles:** Estimated 50<sup>th</sup> percentile values are flagged when  $n$  is less than 30 times the VIF, where  $n$  is the sample size. Estimated values at the other percentiles are flagged when  $np$  is less than 8 times the VIF, where  $n$  is the sample size and  $p$  is 0.25 at the 25<sup>th</sup> and 75<sup>th</sup> percentile, 0.10 at the 10<sup>th</sup> and 90<sup>th</sup> percentile, and 0.05 at the 5<sup>th</sup> and 95<sup>th</sup> percentile.

**Percentage above or below a DRI value:** An estimated percentage between 25 and 75 percent is flagged when based on a sample size of less than 30 times the VIF, or when the relative standard error is greater than 30 percent. An estimated percentage less than or equal to 25 or greater than or equal to 75 is flagged when the smaller of  $np$  and  $n(1-p)$  is less than 8 times the VIF, where  $n$  is the sample size and  $p$  is the percentage expressed as a fraction.

# Indicates a non-zero value too small to report.

-- Estimate not displayed due to small sample size and for consistency of presentation.

**CITATION**

USDA, Agricultural Research Service, 2019. Usual Nutrient Intake from Food and Beverages, among Individuals Over 350% of Poverty Level, What We Eat in America, NHANES 2013-2016 Available <http://www.ars.usda.gov/nea/bhnrc/fsrg>